



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Respondek, Uta

Club: Wachsenburggemeinde

Number: 233

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 34:59

Speed: 6.86 km/h

Running performance: 8:45 min/km

Rank in course/Total: 382 (of 389)

Rank in course/Women: 134 (of 140)

Best time in course: 14:03

Rank in category: 8(of 8)

Best time in the category: 19:10

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	17:32	8:46	8	7:33	137	10:33	2.00	17:32	8:46	2	7:33	37	6:05
Leichtathletikhalle	2.00	17:27	8:43	8	8:16	134	10:23	4.00	34:59	8:44	8	15:49	134	20:56