



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Vedder, Karin

Club: SV Sömmerda

Number: 102

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 21:48

Speed: 11.01 km/h

Running performance: 5:27 min/km

Rank in course/Total: 220 (of 389)

Rank in course/Women: 50 (of 140)

Best time in course: 14:03

Rank in category: 3(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	11:14	5:36	3	1:15	50	4:15	2.00	11:14	5:36	5	1:15	63		
Leichtathletikhalle	2.00	10:34	5:16	3	1:23	45	3:30	4.00	21:48	5:27	3	2:38	50	7:45	