



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Debertshäuser, Steffi

Club: SV-Sömmerda

Number: 1054

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 43:57

Speed: 13.65 km/h

Running performance: 4:23 min/km

Rank in course/Total: 121 (of 618)

Rank in course/Women: 8 (of 118)

Best time in course: 36:13

Rank in category: 4 (of 34)

Best time in the category: 38:37

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	9:05	4:32	3	1:41	11	2:05	2.00	9:05	4:32	31		112	1:18
Runde	2.00	8:39	4:19	3	1:03	7	1:21	4.00	17:44	4:26	27		1	-
Runde	2.00	8:43	4:21	3	0:55	7	1:22	6.00	26:27	4:24	27		1	-
Runde	2.00	8:48	4:24	3	0:51	7	1:29	8.00	35:15	4:24	27		1	-
Leichtathletikhalle	2.00	8:42	4:20	3	0:54	7	1:27	10.00	43:57	4:23	4	5:20	8	7:44