



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sarkadi, Melanie

Club: Erfurt
Number: 1077

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 43:04

Speed: 13.93 km/h

Running performance: 4:19 min/km

Rank in course/Total: 101 (of 618)

Rank in course/Women: 7 (of 118)

Best time in course: 36:13

Rank in category: 3(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	7:47	3:53	2	0:23	4	0:47	2.00	7:47	3:53	19		1	-
Runde	2.00	8:47	4:23	4	1:11	8	1:29	4.00	16:34	4:08	19		2	
Runde	2.00	8:51	4:25	4	1:03	8	1:30	6.00	25:25	4:14	19		2	
Runde	2.00	8:52	4:26	4	0:55	8	1:33	8.00	34:17	4:17	19		2	
Leichtathletikhalle	2.00	8:47	4:23	4	0:59	8	1:32	10.00	43:04	4:18	3	4:27	7	6:51