



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ihlefeld, Yvonne

Club: Schönebeck

Number: 1722

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 42:02

Speed: 14.27 km/h

Running performance: 4:12 min/km

Rank in course/Total: 78 (of 618)

Rank in course/Women: 6 (of 118)

Best time in course: 36:13

Rank in category: 2 (of 34)

Best time in the category: 38:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	9:33	4:46	7	2:09	19	2:33	2.00	9:33	4:46	20		2	1:46
Runde	2.00	8:18	4:09	2	0:42	6	1:00	4.00	17:51	4:27	20		4	0:07
Runde	2.00	8:11	4:05	2	0:23	5	0:50	6.00	26:02	4:20	20		4	
Runde	2.00	8:12	4:05	2	0:15	6	0:53	8.00	34:14	4:16	20		4	
Leichtathletikhalle	2.00	7:48	3:53	1	-	2	0:33	10.00	42:02	4:12	2	3:25	6	5:49