



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schlennstedt, Anja

Club: LSG 80 Schmückeläufer

Number: 1397

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 48:15

Speed: 12.44 km/h

Running performance: 4:49 min/km

Rank in course/Total: 252 (of 618)

Rank in course/Women: 18 (of 118)

Best time in course: 36:13

Rank in category: 6 (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	9:20	4:40	6	1:56	17	2:20	2.00	9:20	4:40	34		118	1:33
Runde	2.00	9:40	4:49	8	2:04	21	2:22	4.00	19:00	4:45	21		6	1:16
Runde	2.00	9:52	4:56	12	2:04	26	2:31	6.00	28:52	4:48	21		6	2:25
Runde	2.00	9:52	4:56	9	1:55	23	2:33	8.00	38:44	4:50	21		6	3:29
Leichtathletikhalle	2.00	9:31	4:45	7	1:43	21	2:16	10.00	48:15	4:49	6	9:38	18	12:02