



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Reuter, Frauke

Club: Erfurt
Number: 1201

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 48:38

Speed: 12.34 km/h

Running performance: 4:52 min/km

Rank in course/Total: 266 (of 618)

Rank in course/Women: 20 (of 118)

Best time in course: 36:13

Rank in category: 7 (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	9:19	4:39	5	1:55	16	2:19	2.00	9:19	4:39	33		117	1:32
Runde	2.00	9:29	4:44	7	1:53	16	2:11	4.00	18:48	4:42	22		7	1:04
Runde	2.00	9:50	4:55	10	2:02	23	2:29	6.00	28:38	4:46	22		7	2:11
Runde	2.00	10:02	5:00	12	2:05	28	2:43	8.00	38:40	4:49	22		7	3:25
Leichtathletikhalle	2.00	9:58	4:59	12	2:10	27	2:43	10.00	48:38	4:51	7	10:01	20	12:25