



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hattwich, Gudrun

Club: Erfurt Nord Gymnastik e.V.
Number: 1705

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 47:47

Speed: 12.56 km/h

Running performance: 4:47 min/km

Rank in course/Total: 240 (of 618)

Rank in course/Women: 16 (of 118)

Best time in course: 36:13

Rank in category: 2(of 13)

Best time in the category: 46:39

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	9:15	4:37	1	-	13	2:15	2.00	9:15	4:37	12	-	114	1:28
Runde	2.00	9:38	4:48	2	0:33	20	2:20	4.00	18:53	4:43	1	-	10	1:09
Runde	2.00	9:50	4:55	2	0:23	23	2:29	6.00	28:43	4:47	1	-	10	2:16
Runde	2.00	9:37	4:48	2	0:02	17	2:18	8.00	38:20	4:47	1	-	10	3:05
Leichtathletikhalle	2.00	9:27	4:43	2	0:13	18	2:12	10.00	47:47	4:46	2	1:08	16	11:34