



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Günther, Irene

Club: Erfurt
Number: 1679

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 51:52

Speed: 11.57 km/h

Running performance: 5:11 min/km

Rank in course/Total: 386 (of 618)

Rank in course/Women: 41 (of 118)

Best time in course: 36:13

Rank in category: 10(of 40)

Best time in the category: 44:45

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	9:51	4:55	6	1:22	24	2:51	2.00	9:51	4:55	22	1:22	10	2:04
Runde	2.00	10:24	5:12	14	1:32	47	3:06	4.00	20:15	5:03	22	2:54	15	2:31
Runde	2.00	10:35	5:17	12	1:31	46	3:14	6.00	30:50	5:08	22	4:25	15	4:23
Runde	2.00	10:41	5:20	11	1:31	43	3:22	8.00	41:31	5:11	22	5:56	15	6:16
Leichtathletikhalle	2.00	10:21	5:10	8	1:11	38	3:06	10.00	51:52	5:11	10	7:07	41	15:39