



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schirnbacher, Odette

Club: Erfurt
Number: 1032

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 53:18

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 422 (of 618)

Rank in course/Women: 47 (of 118)

Best time in course: 36:13

Rank in category: 13 (of 40)

Best time in the category: 44:45

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	10:24	5:12	9	1:55	35	3:24	2.00	10:24	5:12	24	1:55	12	2:37
Runde	2.00	10:15	5:07	10	1:23	41	2:57	4.00	20:39	5:09	24	3:18	17	2:55
Runde	2.00	10:44	5:21	15	1:40	51	3:23	6.00	31:23	5:13	13	4:58	17	4:56
Runde	2.00	10:54	5:27	14	1:44	50	3:35	8.00	42:17	5:17	24	6:42	17	7:02
Leichtathletikhalle	2.00	11:01	5:30	24	1:51	65	3:46	10.00	53:18	5:19	13	8:33	47	17:05