



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stroh, Viola

Club: Erfurt
Number: 1569

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 53:24

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 428 (of 618)

Rank in course/Women: 50 (of 118)

Best time in course: 36:13

Rank in category: 4(of 13)

Best time in the category: 46:39

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	10:35	5:17	6	1:20	46	3:35	2.00	10:35	5:17	1	-	14	2:48
Runde	2.00	10:24	5:12	4	1:19	47	3:06	4.00	20:59	5:14	2	2:06	19	3:15
Runde	2.00	10:42	5:20	5	1:15	50	3:21	6.00	31:41	5:16	2	2:58	19	5:14
Runde	2.00	10:50	5:25	5	1:15	47	3:31	8.00	42:31	5:18	2	4:11	19	7:16
Leichtathletikhalle	2.00	10:53	5:26	5	1:39	59	3:38	10.00	53:24	5:20	4	6:45	50	17:11