



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wenzel, Heike

Club: Ebenheim

Number: 1175

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 55:12

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 481 (of 618)

Rank in course/Women: 64 (of 118)

Best time in course: 36:13

Rank in category: 6(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	10:16	5:08	3	1:01	32	3:16	2.00	10:16	5:08	2		17	2:29
Runde	2.00	10:36	5:17	6	1:31	57	3:18	4.00	20:52	5:13	3	1:59	22	3:08
Runde	2.00	11:17	5:38	7	1:50	68	3:56	6.00	32:09	5:21	3	3:26	22	5:42
Runde	2.00	11:34	5:46	6	1:59	73	4:15	8.00	43:43	5:27	3	5:23	22	8:28
Leichtathletikhalle	2.00	11:29	5:44	7	2:15	80	4:14	10.00	55:12	5:31	6	8:33	64	18:59