



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

rothkegel, ilona

Club: Erfurt
Number: 1132

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W60 (60-69 Jahre)

Total time: 50:59

Speed: 11.77 km/h
Running performance: 5:06 min/km

Rank in course/Total: 340 (of 618)

Rank in course/Women: 31 (of 118)

Best time in course: 36:13

Rank in category: 1 (of 6)

Best time in the category: 50:59

Intermediate times				Stage score				Total ranking						
Control	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	10:30	5:15	1	-	41	3:30	2.00	10:30	5:15	2	-	18	2:43
Runde	2.00	9:49	4:54	1	-	28	2:31	4.00	20:19	5:04	1	-	13	2:35
Runde	2.00	10:03	5:01	1	-	29	2:42	6.00	30:22	5:03	1	-	23	3:55
Runde	2.00	10:18	5:09	1	-	33	2:59	8.00	40:40	5:04	1	-	23	5:25
Leichtathletikhalle	2.00	10:19	5:09	1	-	36	3:04	10.00	50:59	5:05	1	-	31	14:46