



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

Plaschke, Susanne

Club: Erfurt  
Number: 1566

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 55:45

Speed: 10.76 km/h

Running performance: 5:35 min/km

Rank in course/Total: 496 (of 618)

Rank in course/Women: 69 (of 118)

Best time in course: 36:13

Rank in category: 22(of 34)

Best time in the category: 38:37

### 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	10:41	5:20	18	3:17	55	3:41	2.00	10:41	5:20	24		19	2:54
Runde	2.00	10:42	5:20	19	3:06	59	3:24	4.00	21:23	5:20	26		24	3:39
Runde	2.00	11:21	5:40	22	3:33	72	4:00	6.00	32:44	5:27	26		24	6:17
Runde	2.00	11:33	5:46	22	3:36	71	4:14	8.00	44:17	5:32	26		24	9:02
Leichtathletikhalle	2.00	11:28	5:44	24	3:40	78	4:13	10.00	55:45	5:34	22	17:08	69	19:32