



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Goldmann, Katrin

Club: Herbsleben

Number: 1053

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 49:16

Speed: 12.18 km/h

Running performance: 4:56 min/km

Rank in course/Total: 289 (of 618)

Rank in course/Women: 24 (of 118)

Best time in course: 36:13

Rank in category: 10(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	10:40	5:19	17	3:16	54	3:40	2.00	10:40	5:19	18		21	2:53
Runde	2.00	9:42	4:50	9	2:06	22	2:24	4.00	20:22	5:05	18		26	2:38
Runde	2.00	9:34	4:46	6	1:46	17	2:13	6.00	29:56	4:59	18		26	3:29
Runde	2.00	9:43	4:51	6	1:46	19	2:24	8.00	39:39	4:57	14		26	4:24
Leichtathletikhalle	2.00	9:37	4:48	8	1:49	22	2:22	10.00	49:16	4:55	10	10:39	24	13:03