



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Plaschke, Maritta

Total time: 56:00

Club: verein für Gesundheits- und Rehasport Tabarz
Number: 1045

Speed: 10.71 km/h

Running performance: 5:36 min/km

Course: 10.00 km

Rank in course/Total: 497 (of 618)

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Rank in course/Women: 70 (of 118)

Best time in course: 36:13

Category:

Rank in category: 24(of 40)

Seniorinnen W40 (40-49 Jahre)

Best time in the category: 44:45

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	10:42	5:20	18	2:13	56	3:42	2.00	10:42	5:20	26	2:13	24	2:55
Runde	2.00	10:26	5:13	16	1:34	50	3:08	4.00	21:08	5:16	26	3:47	30	3:24
Runde	2.00	12:01	6:00	37	2:57	95	4:40	6.00	33:09	5:31	26	6:44	30	6:42
Runde	2.00	12:46	6:23	38	3:36	104	5:27	8.00	45:55	5:44	26	10:20	30	10:40
Leichtathletikhalle	2.00	10:05	5:02	3	0:55	31	2:50	10.00	56:00	5:35	24	11:15	70	19:47