



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Herbig, Kathrin

Club: LTV Erfurt

Number: 1439

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 55:37

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 493 (of 618)

Rank in course/Women: 67 (of 118)

Best time in course: 36:13

Rank in category: 23(of 40)

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.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	10:09	5:04	8	1:40	29	3:09	2.00	10:09	5:04	28	1:40	27	2:22
Runde	2.00	10:59	5:29	23	2:07	71	3:41	4.00	21:08	5:16	26	3:47	30	3:24
Runde	2.00	11:22	5:41	26	2:18	73	4:01	6.00	32:30	5:25	28	6:05	33	6:03
Runde	2.00	11:33	5:46	27	2:23	71	4:14	8.00	44:03	5:30	28	8:28	33	8:48
Leichtathletikhalle	2.00	11:34	5:46	31	2:24	82	4:19	10.00	55:37	5:33	23	10:52	67	19:24