



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Liedtke, Gerlinde

Club: sc-impuls

Number: 1040

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W60 (60-69 Jahre)

Total time: 1:00:50

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 573 (of 618)

Rank in course/Women: 97 (of 118)

Best time in course: 36:13

Rank in category: 4 (of 6)

Best time in the category: 50:59

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	12:31	6:15	4	2:01	108	5:31	2.00	12:31	6:15	3		28	4:44
Runde	2.00	12:08	6:03	4	2:19	101	4:50	4.00	24:39	6:09	2	4:20	34	6:55
Runde	2.00	12:15	6:07	4	2:12	100	4:54	6.00	36:54	6:08	2	6:32	34	10:27
Runde	2.00	12:13	6:06	3	1:55	92	4:54	8.00	49:07	6:08	2	8:27	34	13:52
Leichtathletikhalle	2.00	11:43	5:51	3	1:24	88	4:28	10.00	1:00:50	6:05	4	9:51	97	24:37