



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Krauß, Ines

Club: Spröttau

Number: 1068

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 54:11

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 456 (of 618)

Rank in course/Women: 58 (of 118)

Best time in course: 36:13

Rank in category: 19(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	10:29	5:14	10	2:00	40	3:29	2.00	10:29	5:14	33	2:00	36	2:42
Runde	2.00	10:46	5:23	21	1:54	64	3:28	4.00	21:15	5:18	33	3:54	42	3:31
Runde	2.00	11:05	5:32	21	2:01	62	3:44	6.00	32:20	5:23	33	5:55	42	5:53
Runde	2.00	11:04	5:31	19	1:54	59	3:45	8.00	43:24	5:25	33	7:49	42	8:09
Leichtathletikhalle	2.00	10:47	5:23	18	1:37	55	3:32	10.00	54:11	5:25	19	9:26	58	17:58