



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Staffel, Anett

Club: Erfurt
Number: 1330

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 55:06

Speed: 10.89 km/h

Running performance: 5:31 min/km

Rank in course/Total: 480 (of 618)

Rank in course/Women: 63 (of 118)

Best time in course: 36:13

Rank in category: 22(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	10:34	5:16	14	2:05	45	3:34	2.00	10:34	5:16	36	2:05	41	2:47
Runde	2.00	10:44	5:21	20	1:52	62	3:26	4.00	21:18	5:19	36	3:57	47	3:34
Runde	2.00	11:14	5:36	22	2:10	67	3:53	6.00	32:32	5:25	36	6:07	47	6:05
Runde	2.00	11:26	5:43	24	2:16	68	4:07	8.00	43:58	5:29	36	8:23	47	8:43
Leichtathletikhalle	2.00	11:08	5:33	25	1:58	66	3:53	10.00	55:06	5:30	22	10:21	63	18:53