



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Höpflinger, Nina

Club: Erfurt
Number: 1091

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:
Frauen (20-29 Jahre)

Total time: 59:38

Speed: 10.06 km/h
Running performance: 5:58 min/km

Rank in course/Total: 564 (of 618)

Rank in course/Women: 92 (of 118)

Best time in course: 36:13

Rank in category: 14(of 18)

Best time in the category: 36:13

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	12:28	6:14	16	5:28	103	5:28	2.00	12:28	6:14	10	4:55	26	4:41
Runde	2.00	11:43	5:51	15	4:25	90	4:25	4.00	24:11	6:02	12	2:14	48	6:27
Runde	2.00	11:48	5:54	14	4:27	89	4:27	6.00	35:59	5:59	12	2:39	48	9:32
Runde	2.00	12:11	6:05	14	4:52	91	4:52	8.00	48:10	6:01	11	3:07	48	12:55
Leichtathletikhalle	2.00	11:28	5:44	13	4:13	78	4:13	10.00	59:38	5:57	14	23:25	92	23:25