



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wolter, Monika

Club: LG Steinlach

Number: 1866

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 55:21

Speed: 10.84 km/h

Running performance: 5:32 min/km

Rank in course/Total: 487 (of 618)

Rank in course/Women: 65 (of 118)

Best time in course: 36:13

Rank in category: 7(of 13)

Best time in the category: 46:39

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 | 10:22 | 5:11 | 4 | 1:07 | 34 | 3:22 | 2.00 | 10:22 | 5:11 | 6 | | 46 | 2:35 |
| Runde | 2.00 | 10:42 | 5:20 | 7 | 1:37 | 59 | 3:24 | 4.00 | 21:04 | 5:15 | 8 | 2:11 | 52 | 3:20 |
| Runde | 2.00 | 11:05 | 5:32 | 6 | 1:38 | 62 | 3:44 | 6.00 | 32:09 | 5:21 | 3 | 3:26 | 22 | 5:42 |
| Runde | 2.00 | 11:54 | 5:57 | 9 | 2:19 | 83 | 4:35 | 8.00 | 44:03 | 5:30 | 8 | 5:43 | 33 | 8:48 |
| Leichtathletikhalle | 2.00 | 11:18 | 5:39 | 6 | 2:04 | 70 | 4:03 | 10.00 | 55:21 | 5:32 | 7 | 8:42 | 65 | 19:08 |