



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Esche, Astrid

Club: Bad Langensalza

Number: 1119

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 59:40

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 566 (of 618)

Rank in course/Women: 93 (of 118)

Best time in course: 36:13

Rank in category: 36(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	12:18	6:09	36	3:49	97	5:18	2.00	12:18	6:09	29	3:49	32	4:31
Runde	2.00	11:56	5:58	35	3:04	95	4:38	4.00	24:14	6:03	29	6:53	32	6:30
Runde	2.00	11:56	5:58	34	2:52	91	4:35	6.00	36:10	6:01	29	9:45	38	9:43
Runde	2.00	12:04	6:01	34	2:54	88	4:45	8.00	48:14	6:01	29	12:39	38	12:59
Leichtathletikhalle	2.00	11:26	5:43	28	2:16	76	4:11	10.00	59:40	5:58	36	14:55	93	23:27