



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Dietrich, Yvonne

Club: ASV Erfurt

Number: 1535

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 57:21

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 523 (of 618)

Rank in course/Women: 79 (of 118)

Best time in course: 36:13

Rank in category: 29(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	12:28	6:14	38	3:59	103	5:28	2.00	12:28	6:14	39	3:59	26	4:41
Runde	2.00	11:46	5:53	33	2:54	91	4:28	4.00	24:14	6:03	29	6:53	32	6:30
Runde	2.00	11:18	5:39	23	2:14	69	3:57	6.00	35:32	5:55	39	9:07	57	9:05
Runde	2.00	11:13	5:36	21	2:03	64	3:54	8.00	46:45	5:50	39	11:10	57	11:30
Leichtathletikhalle	2.00	10:36	5:17	14	1:26	49	3:21	10.00	57:21	5:44	29	12:36	79	21:08