



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Lauerwald, Heike

Club: Griefstedt

Number: 1071

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 52:28

Speed: 11.44 km/h

Running performance: 5:15 min/km

Rank in course/Total: 403 (of 618)

Rank in course/Women: 45 (of 118)

Best time in course: 36:13

Rank in category: 12(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	10:36	5:17	15	2:07	47	3:36	2.00	10:36	5:17	2	2:07	58	2:49
Runde	2.00	10:33	5:16	18	1:41	55	3:15	4.00	21:09	5:17	2	3:48	65	3:25
Runde	2.00	10:30	5:15	11	1:26	43	3:09	6.00	31:39	5:16	2	5:14	65	5:12
Runde	2.00	10:24	5:12	8	1:14	38	3:05	8.00	42:03	5:15	2	6:28	65	6:48
Leichtathletikhalle	2.00	10:25	5:12	11	1:15	41	3:10	10.00	52:28	5:14	12	7:43	45	16:15