



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Tietzel, Silke

Club: Erfurt
Number: 1519

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 48:01

Speed: 12.50 km/h

Running performance: 4:48 min/km

Rank in course/Total: 247 (of 618)

Rank in course/Women: 17 (of 118)

Best time in course: 36:13

Rank in category: 2 (of 40)

Best time in the category: 44:45

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	9:39	4:49	3	1:10	21	2:39	2.00	9:39	4:49	3	1:10	59	1:52
Runde	2.00	9:33	4:46	2	0:41	18	2:15	4.00	19:12	4:47	3	1:51	66	1:28
Runde	2.00	9:46	4:53	2	0:42	21	2:25	6.00	28:58	4:49	3	2:33	66	2:31
Runde	2.00	9:41	4:50	2	0:31	18	2:22	8.00	38:39	4:49	3	3:04	66	3:24
Leichtathletikhalle	2.00	9:22	4:41	2	0:12	16	2:07	10.00	48:01	4:48	2	3:16	17	11:48