



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Leipziger, Sabine

Club: Suhl

Number: 1477

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 57:05

Speed: 10.51 km/h

Running performance: 5:43 min/km

Rank in course/Total: 516 (of 618)

Rank in course/Women: 76 (of 118)

Best time in course: 36:13

Rank in category: 27(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	11:51	5:55	30	3:22	88	4:51	2.00	11:51	5:55	5	3:22	63	4:04
Runde	2.00	11:11	5:35	26	2:19	76	3:53	4.00	23:02	5:45	5	5:41	70	5:18
Runde	2.00	11:18	5:39	23	2:14	69	3:57	6.00	34:20	5:43	5	7:55	70	7:53
Runde	2.00	11:28	5:44	25	2:18	69	4:09	8.00	45:48	5:43	5	10:13	70	10:33
Leichtathletikhalle	2.00	11:17	5:38	26	2:07	69	4:02	10.00	57:05	5:42	27	12:20	76	20:52