



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schaefer, Monika

Club: Erfurt
Number: 1051

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 51:13

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 348 (of 618)

Rank in course/Women: 34 (of 118)

Best time in course: 36:13

Rank in category: 3(of 13)

Best time in the category: 46:39

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	10:28	5:14	5	1:13	37	3:28	2.00	10:28	5:14	8		51	2:41
Runde	2.00	9:59	4:59	3	0:54	32	2:41	4.00	20:27	5:06	10	1:34	20	2:43
Runde	2.00	10:04	5:01	3	0:37	30	2:43	6.00	30:31	5:05	10	1:48	71	4:04
Runde	2.00	10:22	5:11	3	0:47	36	3:03	8.00	40:53	5:06	10	2:33	71	5:38
Leichtathletikhalle	2.00	10:20	5:10	3	1:06	37	3:05	10.00	51:13	5:07	3	4:34	34	15:00