



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wichum, Annett

Club: Erfurt
Number: 1011

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 58:25

Speed: 10.27 km/h
Running performance: 5:50 min/km

Rank in course/Total: 546 (of 618)

Rank in course/Women: 85 (of 118)

Best time in course: 36:13

Rank in category: 31(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	11:55	5:57	31	3:26	89	4:55	2.00	11:55	5:57	6	3:26	45	4:08
Runde	2.00	11:15	5:37	28	2:23	78	3:57	4.00	23:10	5:47	6	5:49	51	5:26
Runde	2.00	11:44	5:51	31	2:40	86	4:23	6.00	34:54	5:48	6	8:29	51	8:27
Runde	2.00	11:55	5:57	31	2:45	84	4:36	8.00	46:49	5:51	6	11:14	51	11:34
Leichtathletikhalle	2.00	11:36	5:47	32	2:26	83	4:21	10.00	58:25	5:50	31	13:40	85	22:12