



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Pudell, Katrin

Club: LTV Erfurt

Number: 1396

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 53:18

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 424 (of 618)

Rank in course/Women: 47 (of 118)

Best time in course: 36:13

Rank in category: 13(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	10:33	5:16	13	2:04	44	3:33	2.00	10:33	5:16	7	2:04	66	2:46
Runde	2.00	10:09	5:04	9	1:17	39	2:51	4.00	20:42	5:10	7	3:21	73	2:58
Runde	2.00	10:37	5:18	13	1:33	48	3:16	6.00	31:19	5:13	7	4:54	73	4:52
Runde	2.00	10:59	5:29	15	1:49	54	3:40	8.00	42:18	5:17	7	6:43	73	7:03
Leichtathletikhalle	2.00	11:00	5:30	23	1:50	64	3:45	10.00	53:18	5:19	13	8:33	47	17:05