



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

franke, heike

Club: Erfurt
Number: 1057

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 57:39

Speed: 10.41 km/h
Running performance: 5:46 min/km

Rank in course/Total: 533 (of 618)

Rank in course/Women: 81 (of 118)

Best time in course: 36:13

Rank in category: 9(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.	Pos Women	Behind Women	Total	Total	Total	Pos	Behind	Pos	Behind
								km	Time	min/km	Cat.	Cat.	Women	Women
Runde	2.00	11:12	5:35	8	1:57	74	4:12	2.00	11:12	5:35	9	0:37	67	3:25
Runde	2.00	11:15	5:37	8	2:10	78	3:57	4.00	22:27	5:36	11	3:34	74	4:43
Runde	2.00	11:34	5:46	9	2:07	80	4:13	6.00	34:01	5:40	11	5:18	74	7:34
Runde	2.00	11:48	5:54	8	2:13	80	4:29	8.00	45:49	5:43	11	7:29	74	10:34
Leichtathletikhalle	2.00	11:50	5:55	10	2:36	93	4:35	10.00	57:39	5:45	9	11:00	81	21:26