



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Krieghoff, Luise

Club: USV Erfurt

Number: 1264

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Frauen (20-29 Jahre)

Total time: 49:47

Speed: 12.05 km/h

Running performance: 4:59 min/km

Rank in course/Total: 306 (of 618)

Rank in course/Women: 28 (of 118)

Best time in course: 36:13

Rank in category: 9(of 18)

Best time in the category: 36:13

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	9:53	4:56	6	2:53	25	2:53	2.00	9:53	4:56	7	2:20	70	2:06
Runde	2.00	9:57	4:58	8	2:39	30	2:39	4.00	19:50	4:57	9		77	2:06
Runde	2.00	9:56	4:58	8	2:35	27	2:35	6.00	29:46	4:57	9		77	3:19
Runde	2.00	10:01	5:00	8	2:42	26	2:42	8.00	39:47	4:58	8		77	4:32
Leichtathletikhalle	2.00	10:00	5:00	9	2:45	28	2:45	10.00	49:47	4:58	9	13:34	28	13:34