



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kretzer, Uta

Club: fit&run Weimar

Number: 1160

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 44:45

Speed: 13.41 km/h

Running performance: 4:28 min/km

Rank in course/Total: 146 (of 618)

Rank in course/Women: 9 (of 118)

Best time in course: 36:13

Rank in category: 1(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	8:29	4:14	1	-	7	1:29	2.00	8:29	4:14	1	-	76	0:42
Runde	2.00	8:52	4:26	1	-	9	1:34	4.00	17:21	4:20	1	-	83	
Runde	2.00	9:04	4:31	1	-	9	1:43	6.00	26:25	4:24	1	-	83	
Runde	2.00	9:10	4:34	1	-	10	1:51	8.00	35:35	4:26	1	-	83	0:20
Leichtathletikhalle	2.00	9:10	4:34	1	-	12	1:55	10.00	44:45	4:28	1	-	9	8:32