



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Münch, Birgit

Club: SC Impuls Erfurt

Number: 1141

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 51:01

Speed: 11.76 km/h

Running performance: 5:06 min/km

Rank in course/Total: 342 (of 618)

Rank in course/Women: 32 (of 118)

Best time in course: 36:13

Rank in category: 5 (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	9:56	4:58	7	1:27	27	2:56	2.00	9:56	4:58	12	1:27	77	2:09
Runde	2.00	10:07	5:03	7	1:15	36	2:49	4.00	20:03	5:00	12	2:42	84	2:19
Runde	2.00	10:20	5:10	8	1:16	38	2:59	6.00	30:23	5:03	12	3:58	84	3:56
Runde	2.00	10:20	5:10	6	1:10	35	3:01	8.00	40:43	5:05	12	5:08	84	5:28
Leichtathletikhalle	2.00	10:18	5:09	7	1:08	35	3:03	10.00	51:01	5:06	5	6:16	32	14:48