



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Fritzlar, Heike

Club: Laufmaus

Number: 1069

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 52:23

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 401 (of 618)

Rank in course/Women: 44 (of 118)

Best time in course: 36:13

Rank in category: 11(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	10:43	5:21	19	2:14	58	3:43	2.00	10:43	5:21	13	2:14	72	2:56
Runde	2.00	10:17	5:08	12	1:25	43	2:59	4.00	21:00	5:15	13	3:39	85	3:16
Runde	2.00	10:23	5:11	9	1:19	39	3:02	6.00	31:23	5:13	13	4:58	17	4:56
Runde	2.00	10:30	5:15	10	1:20	41	3:11	8.00	41:53	5:14	13	6:18	85	6:38
Leichtathletikhalle	2.00	10:30	5:15	13	1:20	47	3:15	10.00	52:23	5:14	11	7:38	44	16:10