



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Höhn, Kathrin

Club: Elleben

Number: 1263

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 56:50

Speed: 10.56 km/h

Running performance: 5:41 min/km

Rank in course/Total: 511 (of 618)

Rank in course/Women: 75 (of 118)

Best time in course: 36:13

Rank in category: 26(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	11:22	5:41	27	2:53	82	4:22	2.00	11:22	5:41	14	2:53	25	3:35
Runde	2.00	11:03	5:31	24	2:11	74	3:45	4.00	22:25	5:36	4	5:04	69	4:41
Runde	2.00	11:18	5:39	23	2:14	69	3:57	6.00	33:43	5:37	14	7:18	63	7:16
Runde	2.00	11:30	5:45	26	2:20	70	4:11	8.00	45:13	5:39	14	9:38	88	9:58
Leichtathletikhalle	2.00	11:37	5:48	34	2:27	86	4:22	10.00	56:50	5:41	26	12:05	75	20:37