



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Seise, Anke

Club: SV 1899 Mühlhausen

Number: 1155

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 51:49

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 384 (of 618)

Rank in course/Women: 40 (of 118)

Best time in course: 36:13

Rank in category: 9(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	9:42	4:50	4	1:13	22	2:42	2.00	9:42	4:50	16	1:13	83	1:55
Runde	2.00	10:00	5:00	6	1:08	35	2:42	4.00	19:42	4:55	16	2:21	90	1:58
Runde	2.00	10:29	5:14	10	1:25	42	3:08	6.00	30:11	5:01	16	3:46	90	3:44
Runde	2.00	10:53	5:26	13	1:43	49	3:34	8.00	41:04	5:08	16	5:29	90	5:49
Leichtathletikhalle	2.00	10:45	5:22	15	1:35	52	3:30	10.00	51:49	5:10	9	7:04	40	15:36