



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Pausch, Nancy

Club: Erfurt
Number: 1144

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:01:32

Speed: 9.75 km/h

Running performance: 6:09 min/km

Rank in course/Total: 581 (of 618)

Rank in course/Women: 101 (of 118)

Best time in course: 36:13

Rank in category: 28(of 34)

Best time in the category: 38:37

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	12:31	6:15	32	5:07	108	5:31	2.00	12:31	6:15	9	0:04	28	4:44
Runde	2.00	11:59	5:59	28	4:23	98	4:41	4.00	24:30	6:07	9		92	6:46
Runde	2.00	12:10	6:04	28	4:22	98	4:49	6.00	36:40	6:06	9		92	10:13
Runde	2.00	12:37	6:18	30	4:40	101	5:18	8.00	49:17	6:09	9		92	14:02
Leichtathletikhalle	2.00	12:15	6:07	29	4:27	99	5:00	10.00	1:01:32	6:09	28	22:55	101	25:19