



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Alert, Lisa

Club: Großbreitenbach

Number: 1522

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 1:02:44

Speed: 9.56 km/h

Running performance: 6:16 min/km

Rank in course/Total: 593 (of 618)

Rank in course/Women: 108 (of 118)

Best time in course: 36:13

Rank in category: 6(of 7)

Best time in the category: 45:31

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	11:56	5:58	6	3:14	91	4:56	2.00	11:56	5:58	7	3:14	57	4:09
Runde	2.00	12:12	6:05	6	3:16	104	4:54	4.00	24:08	6:01	7	6:30	95	6:24
Runde	2.00	12:42	6:20	6	3:24	106	5:21	6.00	36:50	6:08	7	9:54	95	10:23
Runde	2.00	13:04	6:31	6	3:38	107	5:45	8.00	49:54	6:14	7	13:32	95	14:39
Leichtathletikhalle	2.00	12:50	6:25	6	3:41	107	5:35	10.00	1:02:44	6:16	6	17:13	108	26:31