



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Lory, Ariane

Club: brown nuggets

Number: 1129

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 1:07:19

Speed: 8.91 km/h

Running performance: 6:44 min/km

Rank in course/Total: 606 (of 618)

Rank in course/Women: 113 (of 118)

Best time in course: 36:13

Rank in category: 40(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	13:47	6:53	40	5:18	115	6:47	2.00	13:47	6:53	17	5:18	90	6:00
Runde	2.00	13:17	6:38	40	4:25	114	5:59	4.00	27:04	6:46	17	9:43	97	9:20
Runde	2.00	13:23	6:41	39	4:19	111	6:02	6.00	40:27	6:44	17	14:02	97	14:00
Runde	2.00	13:28	6:44	40	4:18	111	6:09	8.00	53:55	6:44	17	18:20	97	18:40
Leichtathletikhalle	2.00	13:24	6:42	40	4:14	112	6:09	10.00	1:07:19	6:43	40	22:34	113	31:06