



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stratmann, Frederike

Club: ANNA KRAM: Laufend helfen

Number: 1428

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:06:55

Speed: 8.97 km/h

Running performance: 6:41 min/km

Rank in course/Total: 604 (of 618)

Rank in course/Women: 112 (of 118)

Best time in course: 36:13

Rank in category: 34(of 34)

Best time in the category: 38:37

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	13:09	6:34	33	5:45	111	6:09	2.00	13:09	6:34	11	0:42	92	5:22
Runde	2.00	12:53	6:26	33	5:17	109	5:35	4.00	26:02	6:30	11	1:07	99	8:18
Runde	2.00	13:39	6:49	34	5:51	113	6:18	6.00	39:41	6:36	11	2:22	99	13:14
Runde	2.00	13:50	6:55	34	5:53	113	6:31	8.00	53:31	6:41	11	3:29	99	18:16
Leichtathletikhalle	2.00	13:24	6:42	34	5:36	112	6:09	10.00	1:06:55	6:41	34	28:18	112	30:42