



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Polixa, Doreen

Club: Erfurt
Number: 1034

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 1:02:05

Speed: 9.66 km/h

Running performance: 6:13 min/km

Rank in course/Total: 585 (of 618)

Rank in course/Women: 103 (of 118)

Best time in course: 36:13

Rank in category: 30(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	10:39	5:19	15	3:15	52	3:39	2.00	10:39	5:19	12		15	2:52
Runde	2.00	12:13	6:06	29	4:37	105	4:55	4.00	22:52	5:43	12		101	5:08
Runde	2.00	12:54	6:27	33	5:06	109	5:33	6.00	35:46	5:57	12		101	9:19
Runde	2.00	13:11	6:35	33	5:14	109	5:52	8.00	48:57	6:07	12		101	13:42
Leichtathletikhalle	2.00	13:08	6:33	33	5:20	110	5:53	10.00	1:02:05	6:12	30	23:28	103	25:52