



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**grömmner, solveig**

Club: hafteroda

Number: 1371

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 51:37

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 374 (of 618)

Rank in course/Women: 39 (of 118)

Best time in course: 36:13

Rank in category: 8(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     | 10:36      | 5:17         | 15       | 2:07        | 47          | 3:36         | 2.00          | 10:36      | 5:17         | 2        | 2:07        | 58        | 2:49         |
| Runde               | 2.00     | 10:15      | 5:07         | 10       | 1:23        | 41          | 2:57         | 4.00          | 20:51      | 5:12         | 19       | 3:30        | 105       | 3:07         |
| Runde               | 2.00     | 10:18      | 5:09         | 7        | 1:14        | 36          | 2:57         | 6.00          | 31:09      | 5:11         | 19       | 4:44        | 105       | 4:42         |
| Runde               | 2.00     | 10:17      | 5:08         | 5        | 1:07        | 32          | 2:58         | 8.00          | 41:26      | 5:10         | 19       | 5:51        | 105       | 6:11         |
| Leichtathletikhalle | 2.00     | 10:11      | 5:05         | 6        | 1:01        | 34          | 2:56         | 10.00         | 51:37      | 5:09         | 8        | 6:52        | 39        | 15:24        |