



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

grömmer, 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