



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schilling, Claudia

Club: Erfurt
Number: 1416

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 53:30

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 433 (of 618)

Rank in course/Women: 52 (of 118)

Best time in course: 36:13

Rank in category: 15 (of 40)

Best time in the category: 44:45

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Women	Women	km	Time	min/km	Cat.	Cat.	Women	Women
Runde	2.00	10:30	5:15	11	2:01	41	3:30	2.00	10:30	5:15	20	2:01	18	2:43
Runde	2.00	10:18	5:09	13	1:26	45	3:00	4.00	20:48	5:12	20	3:27	106	3:04
Runde	2.00	10:39	5:19	14	1:35	49	3:18	6.00	31:27	5:14	20	5:02	106	5:00
Runde	2.00	11:10	5:34	20	2:00	60	3:51	8.00	42:37	5:19	20	7:02	106	7:22
Leichtathletikhalle	2.00	10:53	5:26	21	1:43	59	3:38	10.00	53:30	5:20	15	8:45	52	17:17