



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

KAHL, Lilith

Club: SV-Olympia Neustadt

Number: 1885

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Frauen (20-29 Jahre)

Total time: 51:57

Speed: 11.55 km/h

Running performance: 5:12 min/km

Rank in course/Total: 390 (of 618)

Rank in course/Women: 42 (of 118)

Best time in course: 36:13

Rank in category: 10(of 18)

Best time in the category: 36:13

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	11:01	5:30	11	4:01	67	4:01	2.00	11:01	5:30	3	3:28	107	3:14
Runde	2.00	10:17	5:08	10	2:59	43	2:59	4.00	21:18	5:19	5		47	3:34
Runde	2.00	10:19	5:09	10	2:58	37	2:58	6.00	31:37	5:16	5		114	5:10
Runde	2.00	10:16	5:08	10	2:57	31	2:57	8.00	41:53	5:14	4		85	6:38
Leichtathletikhalle	2.00	10:04	5:01	10	2:49	30	2:49	10.00	51:57	5:11	10	15:44	42	15:44