



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Weisheit, Kerstin

Club: SV Rhön-Rennsteig- Sparkasse

Number: 1300

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 57:16

Speed: 10.48 km/h

Running performance: 5:44 min/km

Rank in course/Total: 522 (of 618)

Rank in course/Women: 78 (of 118)

Best time in course: 36:13

Rank in category: 28(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	11:17	5:38	26	2:48	78	4:17	2.00	11:17	5:38	30	2:48	33	3:30
Runde	2.00	11:13	5:36	27	2:21	77	3:55	4.00	22:30	5:37	30	5:09	39	4:46
Runde	2.00	11:28	5:44	27	2:24	76	4:07	6.00	33:58	5:39	30	7:33	39	7:31
Runde	2.00	11:35	5:47	28	2:25	74	4:16	8.00	45:33	5:41	30	9:58	39	10:18
Leichtathletikhalle	2.00	11:43	5:51	35	2:33	88	4:28	10.00	57:16	5:43	28	12:31	78	21:03