



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Werner, Kathleen

Club: MaFrika Rohnstedt

Number: 1555

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 53:51

Speed: 11.14 km/h

Running performance: 5:23 min/km

Rank in course/Total: 447 (of 618)

Rank in course/Women: 54 (of 118)

Best time in course: 36:13

Rank in category: 17(of 34)

Best time in the category: 38:37

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	10:28	5:14	12	3:04	37	3:28	2.00	10:28	5:14	6			51	2:41
Runde	2.00	10:31	5:15	18	2:55	53	3:13	4.00	20:59	5:14	33			19	3:15
Runde	2.00	10:54	5:27	18	3:06	58	3:33	6.00	31:53	5:18	33			58	5:26
Runde	2.00	11:03	5:31	18	3:06	58	3:44	8.00	42:56	5:21	33			46	7:41
Leichtathletikhalle	2.00	10:55	5:27	18	3:07	61	3:40	10.00	53:51	5:23	17	15:14		54	17:38