



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Keller, Sabine

Club: FSV \Eintracht\ Eisenach

Number: 1323

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 1:11:54

Speed: 8.34 km/h

Running performance: 7:11 min/km

Rank in course/Total: 609 (of 618)

Rank in course/Women: 116 (of 118)

Best time in course: 36:13

Rank in category: 13(of 13)

Best time in the category: 46:39

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 | 14:16 | 7:08 | 13 | 5:01 | 117 | 7:16 | 2.00 | 14:16 | 7:08 | 10 | 3:41 | 96 | 6:29 |
| Runde | 2.00 | 14:22 | 7:11 | 13 | 5:17 | 116 | 7:04 | 4.00 | 28:38 | 7:09 | 12 | 9:45 | 103 | 10:54 |
| Runde | 2.00 | 14:36 | 7:17 | 13 | 5:09 | 116 | 7:15 | 6.00 | 43:14 | 7:12 | 12 | 14:31 | 103 | 16:47 |
| Runde | 2.00 | 14:29 | 7:14 | 13 | 4:54 | 115 | 7:10 | 8.00 | 57:43 | 7:12 | 12 | 19:23 | 103 | 22:28 |
| Leichtathletikhalle | 2.00 | 14:11 | 7:05 | 13 | 4:57 | 116 | 6:56 | 10.00 | 1:11:54 | 7:11 | 13 | 25:15 | 116 | 35:41 |