



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hesse, Kerstin

Club: Physio K. Hesse

Number: 1412

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 57:46

Speed: 10.39 km/h

Running performance: 5:47 min/km

Rank in course/Total: 535 (of 618)

Rank in course/Women: 83 (of 118)

Best time in course: 36:13

Rank in category: 30(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		Total		Total		Total	
								km	Time	min/km	Pos	Behind	Pos	Behind	Pos
Runde	2.00	11:24	5:42	29	2:55	84	4:24	2.00	11:24	5:42	21	2:55	34	3:37	
Runde	2.00	11:26	5:43	31	2:34	86	4:08	4.00	22:50	5:42	21	5:29	40	5:06	
Runde	2.00	11:40	5:49	29	2:36	83	4:19	6.00	34:30	5:45	21	8:05	40	8:03	
Runde	2.00	11:40	5:49	30	2:30	77	4:21	8.00	46:10	5:46	21	10:35	40	10:55	
Leichtathletikhalle	2.00	11:36	5:47	32	2:26	83	4:21	10.00	57:46	5:46	30	13:01	83	21:33	