



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Förster, Kerstin

Club: TSV Alperstedt

Number: 1353

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 51:36

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 373 (of 618)

Rank in course/Women: 38 (of 118)

Best time in course: 36:13

Rank in category: 15(of 34)

Best time in the category: 38:37

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Stage score | | | | Total ranking | | | | | | |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
| | | | | 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 | 9:34 | 4:46 | 8 | 2:10 | 20 | 2:34 | 2.00 | 9:34 | 4:46 | 7 | | 80 | 1:47 |
| Runde | 2.00 | 10:07 | 5:03 | 14 | 2:31 | 36 | 2:49 | 4.00 | 19:41 | 4:55 | 7 | | 87 | 1:57 |
| Runde | 2.00 | 10:34 | 5:16 | 16 | 2:46 | 44 | 3:13 | 6.00 | 30:15 | 5:02 | 7 | | 87 | 3:48 |
| Runde | 2.00 | 10:44 | 5:21 | 16 | 2:47 | 45 | 3:25 | 8.00 | 40:59 | 5:07 | 7 | | 87 | 5:44 |
| Leichtathletikhalle | 2.00 | 10:37 | 5:18 | 17 | 2:49 | 50 | 3:22 | 10.00 | 51:36 | 5:09 | 15 | 12:59 | 38 | 15:23 |