



# 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	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	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