



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Eisenacher, Elke

Club: Hainichläufer Mühlhausen

Number: 175

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 28:13

Speed: 8.51 km/h

Running performance: 7:03 min/km

Rank in course/Total: 369 (of 389)

Rank in course/Women: 122 (of 140)

Best time in course: 14:03

Rank in category: 7(of 8)

Best time in the category: 19:10

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	7	4:17	128	7:17	2.00	14:16	7:08	7	4:17	114	2:49
Leichtathletikhalle	2.00	13:57	6:58	7	4:46	115	6:53	4.00	28:13	7:03	7	9:03	122	14:10