



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ernst, Simone

Club: Erfurt

Number: 31

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 28:12

Speed: 8.51 km/h

Running performance: 7:03 min/km

Rank in course/Total: 368 (of 389)

Rank in course/Women: 120 (of 140)

Best time in course: 14:03

Rank in category: 35(of 39)

Best time in the category: 15:39

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 | 14:01 | 7:00 | 34 | 6:20 | 122 | 7:02 | 2.00 | 14:01 | 7:00 | 12 | 1:42 | 127 | 2:34 |
| Leichtathletikhalle | 2.00 | 14:11 | 7:05 | 33 | 6:13 | 119 | 7:07 | 4.00 | 28:12 | 7:02 | 35 | 12:33 | 120 | 14:09 |