



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Scharf, Sylvia

Club: Sparkasse Mittelthüringen

Number: 1249

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 57:42

Speed: 10.40 km/h

Running performance: 5:46 min/km

Rank in course/Total: 534 (of 618)

Rank in course/Women: 82 (of 118)

Best time in course: 36:13

Rank in category: 24(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	11:13	5:36	23	3:49	75	4:13	2.00	11:13	5:36	2		37	3:26
Runde	2.00	11:19	5:39	25	3:43	82	4:01	4.00	22:32	5:38	2		68	4:48
Runde	2.00	11:30	5:45	23	3:42	77	4:09	6.00	34:02	5:40	2		68	7:35
Runde	2.00	11:53	5:56	25	3:56	82	4:34	8.00	45:55	5:44	2		30	10:40
Leichtathletikhalle	2.00	11:47	5:53	26	3:59	90	4:32	10.00	57:42	5:46	24	19:05	82	21:29