



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Pokahr, Viora

Club: TABBS Vital

Number: 355

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 30:02

Speed: 7.99 km/h

Running performance: 7:31 min/km

Rank in course/Total: 379 (of 389)

Rank in course/Women: 131 (of 140)

Best time in course: 14:03

Rank in category: 37(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	15:41	7:50	37	8:00	135	8:42	2.00	15:41	7:50	28	3:22	41	4:14
Leichtathletikhalle	2.00	14:21	7:10	34	6:23	122	7:17	4.00	30:02	7:30	37	14:23	131	15:59