



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Zscharnt, Ina

Club: DAV Inselberg

Number: 41

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 31:15

Speed: 7.68 km/h

Running performance: 7:49 min/km

Rank in course/Total: 381 (of 389)

Rank in course/Women: 133 (of 140)

Best time in course: 14:03

Rank in category: 38(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	15:44	7:51	38	8:03	136	8:45	2.00	15:44	7:51	5	3:25	106	4:17
Leichtathletikhah	2.00	15:31	7:45	38	7:33	132	8:27	4.00	31:15	7:48	38	15:36	133	17:12