



# 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 Mittelfranken

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