



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Scharf, Sylvia

Club: Sparkasse Mittelthüringen

Number: 1260

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 50:57

Speed: 11.78 km/h

Running performance: 5:06 min/km

Rank in course/Total: 377 (of 686)

Rank in course/Women: 40 (of 143)

Best time in course: 35:30

Rank in category: 10(of 32)

Best time in the category: 40:27

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	11:19	5:39	16	4:06	73	4:23	2.00	11:19	5:39	26		28	4:23
Runde	2.00	10:02	5:00	10	2:07	39	2:55	4.00	21:21	5:20	22		28	7:18
Runde	2.00	9:59	4:59	9	1:45	33	2:49	6.00	31:20	5:13	22		28	10:07
Runde	2.00	9:59	4:59	8	1:27	28	2:46	8.00	41:19	5:09	21		28	12:53
Leichtathletikhalle	2.00	9:38	4:48	7	1:09	27	2:34	10.00	50:57	5:05	10	10:30	40	15:27