



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Cramer, Anja**

Club: Erfurt  
Number: 135

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen  
Mittelhungen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 21:03

Speed: 11.40 km/h

Running performance: 5:16 min/km

Rank in course/Total: 186 (of 389)

Rank in course/Women: 41 (of 140)

Best time in course: 14:03

Rank in category: 8(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	10:36	5:17	8	2:55	42	3:37	2.00	10:36	5:17	24			30	
Leichtathletikhalle	2.00	10:27	5:13	9	2:29	40	3:23	4.00	21:03	5:15	8	5:24	41	7:00	