



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Köhler, Anja

Club: Halle

Number: 19

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Frauen (20-29 Jahre)

Total time: 24:26

Speed: 9.82 km/h

Running performance: 6:07 min/km

Rank in course/Total: 310 (of 389)

Rank in course/Women: 84 (of 140)

Best time in course: 14:03

Rank in category: 16(of 25)

Best time in the category: 14:03

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	12:54	6:27	18	5:55	99	5:55	2.00	12:54	6:27	10	1:15	82	1:27
Leichtathletikhalle	2.00	11:32	5:46	15	4:28	63	4:28	4.00	24:26	6:06	16	10:23	84	10:23