



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Habek, Anke

Club: Bad Langensalza

Number: 1718

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 23:22

Speed: 10.27 km/h

Running performance: 5:50 min/km

Rank in course/Total: 268 (of 389)

Rank in course/Women: 64 (of 140)

Best time in course: 14:03

Rank in category: 17(of 39)

Best time in the category: 15:39

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Wome	Women	km	Time	min/km	Cat.	Cat.	Wome	Women
Runde	2.00	11:53	5:56	19	4:12	70	4:54	2.00	11:53	5:56	34		71	0:26
Leichtathletikh	2.00	11:29	5:44	14	3:31	62	4:25	4.00	23:22	5:50	17	7:43	64	9:19