



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Müller, Anita

Club: Erfurt

Number: 7

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 26:03

Speed: 9.21 km/h

Running performance: 6:31 min/km

Rank in course/Total: 346 (of 389)

Rank in course/Women: 106 (of 140)

Best time in course: 14:03

Rank in category: 12(of 20)

Best time in the category: 14:23

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	12:56	6:28	13	5:57	105	5:57	2.00	12:56	6:28	7	1:25	96	1:29
Leichtathletikhalle	2.00	13:07	6:33	12	5:43	104	6:03	4.00	26:03	6:30	12	11:40	106	12:00