



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Meisel, Anne-Katrin

Club: LATV Plauen

Number: 323

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Frauen (20-29 Jahre)

Total time: 22:07

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 277 (of 477)

Rank in course/Women: 60 (of 162)

Best time in course: 14:18

Rank in category: 13(of 31)

Best time in the category: 14:18

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	11:29	5:44	15	4:27	78	4:27	2.00	11:29	5:44	12		87	4:21
Leichtathletikhalle	2.00	10:38	5:18	12	3:22	54	3:22	4.00	22:07	5:31	13	7:49	61	7:49