



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Köhler, Anja

Club: Eisenach

Number: 329

Course: 4.00 km

Pokal der Sparkasse Mittelthüringen

Category:

Seniorinnen W30 (30-39 Jahre)

Total time: 25:06

Speed: 9.56 km/h

Running performance: 6:17 min/km

Rank in course/Total: 339 (of 446)

Rank in course/Women: 108 (of 168)

Best time in course: 13:59

Rank in category: 21(of 34)

Best time in the category: 19:57

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 Kurzstrecke	2.00	13:31	6:45	26	3:46	135	6:36	2.00	13:31	6:45	5		54	6:36
Leichtathletikhalle	2.00	11:35	5:47	17	1:46	84	4:31	4.00	25:06	6:16	21	5:09	108	11:07