



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wiedenhöft, Heike

Club: SG Großmölsen

Number: 1265

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 1:01:03

Speed: 9.83 km/h

Running performance: 6:06 min/km

Rank in course/Total: 569 (of 637)

Rank in course/Women: 109 (of 144)

Best time in course: 38:07

Rank in category: 14(of 25)

Best time in the category: 47:51

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 Langstrec	2.00	13:05	6:32	20	3:54	127	5:45	2.00	13:05	6:32	25		39	5:45
Runde Langstrec	2.00	12:00	6:00	12	2:34	106	4:23	4.00	25:05	6:16	25		39	10:08
Runde Langstrec	2.00	11:47	5:53	11	2:11	91	4:01	6.00	36:52	6:08	25		39	14:09
Runde Langstrec	2.00	12:08	6:03	13	2:19	99	4:22	8.00	49:00	6:07	1	-	39	18:31
Leichtathletikh	2.00	12:03	6:01	14	2:14	106	4:25	10.00	1:01:03	6:06	14	13:12	109	22:56