



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Heilwagen, Heike

Number: 1617

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 1:01:47

Speed: 9.71 km/h

Running performance: 6:11 min/km

Rank in course/Total: 581 (of 637)

Rank in course/Women: 117 (of 144)

Best time in course: 38:07

Rank in category: 18(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	12:06	6:02	12	2:55	88	4:46	2.00	12:06	6:02	17		70	4:46
Runde Langstrec	2.00	12:08	6:03	16	2:42	115	4:31	4.00	24:14	6:03	17		78	9:17
Runde Langstrec	2.00	12:21	6:10	18	2:45	118	4:35	6.00	36:35	6:05	17		78	13:52
Runde Langstrec	2.00	12:38	6:18	18	2:49	119	4:52	8.00	49:13	6:09	15	0:13	78	18:44
Leichtathletikh	2.00	12:34	6:16	19	2:45	121	4:56	10.00	1:01:47	6:10	18	13:56	117	23:40