



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Heyn, Helene

Club: Ifta

Number: 1177

Course: 10.00 km

Vintage VDB Lauf

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 59:39

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 550 (of 637)

Rank in course/Women: 98 (of 144)

Best time in course: 38:07

Rank in category: 5(of 9)

Best time in the category: 46:42

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	12:31	6:15	5	3:37	104	5:11	2.00	12:31	6:15	5	3:37	88	5:11
Runde Langstrec	2.00	11:57	5:58	6	2:40	105	4:20	4.00	24:28	6:06	6	6:17	96	9:31
Runde Langstrec	2.00	11:40	5:49	5	2:11	85	3:54	6.00	36:08	6:01	6	8:28	56	13:25
Runde Langstrec	2.00	12:11	6:05	4	2:28	105	4:25	8.00	48:19	6:02	5	10:56	92	17:50
Leichtathletikh	2.00	11:20	5:40	5	2:01	79	3:42	10.00	59:39	5:57	5	12:57	98	21:32