



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hesse, Heike

Club: Döllstaedt

Number: 354

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 24:24

Speed: 9.84 km/h

Running performance: 6:06 min/km

Rank in course/Total: 307 (of 389)

Rank in course/Women: 83 (of 140)

Best time in course: 14:03

Rank in category: 23(of 39)

Best time in the category: 15:39

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	12:14	6:06	21	4:33	75	5:15	2.00	12:14	6:06	29		46	0:47
Leichtathletikhalle	2.00	12:10	6:04	23	4:12	86	5:06	4.00	24:24	6:05	23	8:45	83	10:21