



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heyder, Johanna

Club: Erfurt

Number: 78

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Frauen (20-29 Jahre)

Total time: 25:06

Speed: 9.56 km/h

Running performance: 6:17 min/km

Rank in course/Total: 328 (of 389)

Rank in course/Women: 93 (of 140)

Best time in course: 14:03

Rank in category: 19 (of 25)

Best time in the category: 14:03

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 | 13:02 | 6:30 | 21 | 6:03 | 108 | 6:03 | 2.00 | 13:02 | 6:30 | 12 | 1:23 | 76 | 1:35 |
| Leichtathletikhalle | 2.00 | 12:04 | 6:01 | 18 | 5:00 | 83 | 5:00 | 4.00 | 25:06 | 6:16 | 19 | 11:03 | 93 | 11:03 |