



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gieland, Heike

Club: gesundundfit e.V.

Number: 154

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 25:52

Speed: 9.28 km/h

Running performance: 6:28 min/km

Rank in course/Total: 341 (of 389)

Rank in course/Women: 103 (of 140)

Best time in course: 14:03

Rank in category: 30(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 | 12:36 | 6:17 | 25 | 4:55 | 84 | 5:37 | 2.00 | 12:36 | 6:17 | 37 | 0:17 | 80 | 1:09 |
| Leichtathletikhalle | 2.00 | 13:16 | 6:38 | 31 | 5:18 | 108 | 6:12 | 4.00 | 25:52 | 6:28 | 30 | 10:13 | 103 | 11:49 |