



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hopp, Heike

Club: BSG LVA Thüringen

Number: 133

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 24:11

Speed: 9.92 km/h

Running performance: 6:03 min/km

Rank in course/Total: 292 (of 389)

Rank in course/Women: 75 (of 140)

Best time in course: 14:03

Rank in category: 20(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	12:19	6:09	24	4:38	81	5:20	2.00	12:19	6:09	1	-	51	0:52
Leichtathletikhalle	2.00	11:52	5:56	19	3:54	78	4:48	4.00	24:11	6:02	20	8:32	75	10:08