



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heyn, Helene

Club: Ifta

Number: 1361

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

weibliche Jugend U20 (18-19 Jahre)

Total time: 53:17

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 421 (of 618)

Rank in course/Women: 46 (of 118)

Best time in course: 36:13

Rank in category: 4 (of 7)

Best time in the category: 45:31

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	10:38	5:18	4	1:56	51	3:38	2.00	10:38	5:18	4	1:56	53	2:51
Runde	2.00	10:41	5:20	4	1:45	58	3:23	4.00	21:19	5:19	4	3:41	60	3:35
Runde	2.00	10:35	5:17	4	1:17	46	3:14	6.00	31:54	5:18	4	4:58	14	5:27
Runde	2.00	10:55	5:27	4	1:29	52	3:36	8.00	42:49	5:21	4	6:27	60	7:34
Leichtathletikhalle	2.00	10:28	5:14	4	1:19	44	3:13	10.00	53:17	5:19	4	7:46	46	17:04