



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Haag, Heike

Club: SV Wartburgstadt Eisenach Triathlon

Number: 1065

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 54:50

Speed: 10.94 km/h

Running performance: 5:29 min/km

Rank in course/Total: 476 (of 618)

Rank in course/Women: 62 (of 118)

Best time in course: 36:13

Rank in category: 21(of 40)

Best time in the category: 44:45

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	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	11:14	5:36	25	2:45	77	4:14	2.00	11:14	5:36	10	2:45	71	3:27
Runde	2.00	11:05	5:32	25	2:13	75	3:47	4.00	22:19	5:34	10	4:58	78	4:35
Runde	2.00	11:00	5:30	20	1:56	60	3:39	6.00	33:19	5:33	10	6:54	78	6:52
Runde	2.00	11:02	5:30	18	1:52	57	3:43	8.00	44:21	5:32	10	8:46	78	9:06
Leichtathletikhalle	2.00	10:29	5:14	12	1:19	45	3:14	10.00	54:50	5:29	21	10:05	62	18:37