



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Wilschewski, Heidi**

Club: Kleinfahner

Number: 1092

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Frauen (20-29 Jahre)

Total time: 49:17

Speed: 12.17 km/h

Running performance: 4:56 min/km

Rank in course/Total: 290 (of 618)

Rank in course/Women: 25 (of 118)

Best time in course: 36:13

Rank in category: 8(of 18)

Best time in the category: 36:13

### 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     | 9:54       | 4:57         | 7           | 2:54        | 26        | 2:54         | 2.00          | 9:54       | 4:57         | 5        | 2:21        | 100       | 2:07         |
| Runde               | 2.00     | 9:57       | 4:58         | 8           | 2:39        | 30        | 2:39         | 4.00          | 19:51      | 4:57         | 7        |             | 27        | 2:07         |
| Runde               | 2.00     | 9:56       | 4:58         | 8           | 2:35        | 27        | 2:35         | 6.00          | 29:47      | 4:57         | 7        |             | 107       | 3:20         |
| Runde               | 2.00     | 10:01      | 5:00         | 8           | 2:42        | 26        | 2:42         | 8.00          | 39:48      | 4:58         | 6        |             | 107       | 4:33         |
| Leichtathletikhalle | 2.00     | 9:29       | 4:44         | 8           | 2:14        | 19        | 2:14         | 10.00         | 49:17      | 4:55         | 8        | 13:04       | 25        | 13:04        |