



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hesse, Heike

Club: Döllstaedt

Number: 354

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 24:24

Speed: 9.84 km/h

Running performance: 6:06 min/km

Rank in course/Total: 307 (of 389)

Rank in course/Women: 83 (of 140)

Best time in course: 14:03

Rank in category: 23(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 | 12:14 | 6:06 | 21 | 4:33 | 75 | 5:15 | 2.00 | 12:14 | 6:06 | 29 | | 46 | 0:47 |
| Leichtathletikhalle | 2.00 | 12:10 | 6:04 | 23 | 4:12 | 86 | 5:06 | 4.00 | 24:24 | 6:05 | 23 | 8:45 | 83 | 10:21 |