



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gieland, Heike

Club: gesundundfit e.V.

Number: 154

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 25:52

Speed: 9.28 km/h

Running performance: 6:28 min/km

Rank in course/Total: 341 (of 389)

Rank in course/Women: 103 (of 140)

Best time in course: 14:03

Rank in category: 30(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.	Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women
Runde	2.00	12:36	6:17	25	4:55	84	5:37	2.00	12:36	6:17	37	0:17	80	1:09
Leichtathletikhalle	2.00	13:16	6:38	31	5:18	108	6:12	4.00	25:52	6:28	30	10:13	103	11:49