



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heß, Franziska Josephine

Club: Eisenach

Number: 1294

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Frauen (20-29 Jahre)

Total time: 1:06:34

Speed: 9.01 km/h

Running performance: 6:40 min/km

Rank in course/Total: 603 (of 618)

Rank in course/Women: 111 (of 118)

Best time in course: 36:13

Rank in category: 17(of 18)

Best time in the category: 36:13

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	12:53	6:26	17	5:53	110	5:53	2.00	12:53	6:26	6	5:20	87	5:06
Runde	2.00	13:06	6:32	17	5:48	112	5:48	4.00	25:59	6:29	8	4:02	94	8:15
Runde	2.00	14:03	7:01	17	6:42	115	6:42	6.00	40:02	6:40	8	6:42	94	13:35
Runde	2.00	13:36	6:47	17	6:17	112	6:17	8.00	53:38	6:42	7	8:35	94	18:23
Leichtathletikhalle	2.00	12:56	6:28	16	5:41	109	5:41	10.00	1:06:34	6:39	17	30:21	111	30:21