



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hesse, Heike

Club: TSV Alperstedt

Number: 1355

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 1:05:57

Speed: 9.10 km/h

Running performance: 6:36 min/km

Rank in course/Total: 600 (of 618)

Rank in course/Women: 110 (of 118)

Best time in course: 36:13

Rank in category: 39(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.	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	13:13	6:36	39	4:44	112	6:13	2.00	13:13	6:36	18	4:44	93	5:26
Runde	2.00	13:14	6:36	39	4:22	113	5:56	4.00	26:27	6:36	18	9:06	100	8:43
Runde	2.00	13:32	6:46	40	4:28	112	6:11	6.00	39:59	6:39	18	13:34	100	13:32
Runde	2.00	13:16	6:38	39	4:06	110	5:57	8.00	53:15	6:39	18	17:40	100	18:00
Leichtathletikhalle	2.00	12:42	6:20	39	3:32	106	5:27	10.00	1:05:57	6:35	39	21:12	110	29:44