



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	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	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