



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Wilschewski, Heidi

Club: Kleinfahner

Number: 1104

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Frauen (20-29 Jahre)

Total time: 45:48

Speed: 13.10 km/h

Running performance: 4:35 min/km

Rank in course/Total: 183 (of 686)

Rank in course/Women: 16 (of 143)

Best time in course: 35:30

Rank in category: 8(of 31)

Best time in the category: 35:30

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	8:57	4:28	8	2:01	16	2:01	2.00	8:57	4:28	27		12	2:01
Runde	2.00	9:01	4:30	9	1:54	16	1:54	4.00	17:58	4:29	27		12	3:55
Runde	2.00	9:14	4:36	9	2:04	18	2:04	6.00	27:12	4:31	25		12	5:59
Runde	2.00	9:24	4:42	9	2:11	18	2:11	8.00	36:36	4:34	25		12	8:10
Leichtathletikhalle	2.00	9:12	4:35	9	2:08	18	2:08	10.00	45:48	4:34	8	10:18	16	10:18