



# 40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

## Detailed evaluation

**Hesse, Heike**

Club: Alpenstedt

Number: 1555

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 1:07:55

Speed: 8.83 km/h

Running performance: 6:47 min/km

Rank in course/Total: 669 (of 686)

Rank in course/Women: 138 (of 143)

Best time in course: 35:30

Rank in category: 47(of 49)

Best time in the category: 44:06

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|
|                     |             |               |                 |             |                | Pos<br>Women | Behind<br>Women | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Women | Behind<br>Women |
| Runde               | 2.00        | 14:17         | 7:08            | 49          | 5:39           | 143          | 7:21            | 2.00          | 14:17         | 7:08            | 19          | 3:01           | 123          | 7:21            |
| Runde               | 2.00        | 13:39         | 6:49            | 49          | 4:56           | 143          | 6:32            | 4.00          | 27:56         | 6:59            | 19          | 6:00           | 123          | 13:53           |
| Runde               | 2.00        | 13:20         | 6:40            | 48          | 4:38           | 138          | 6:10            | 6.00          | 41:16         | 6:52            | 19          | 8:26           | 122          | 20:03           |
| Runde               | 2.00        | 13:29         | 6:44            | 48          | 4:34           | 138          | 6:16            | 8.00          | 54:45         | 6:50            | 19          | 10:38          | 122          | 26:19           |
| Leichtathletikhalle | 2.00        | 13:10         | 6:34            | 45          | 4:20           | 136          | 6:06            | 10.00         | 1:07:55       | 6:47            | 47          | 23:49          | 138          | 32:25           |