



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 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	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