



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Heckel, Antje

Club: Bienstädt

Number: 1188

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Seniorinnen W40 (40-49 Jahre)

Total time: 1:00:48

Speed: 9.87 km/h

Running performance: 6:05 min/km

Rank in course/Total: 638 (of 686)

Rank in course/Women: 121 (of 143)

Best time in course: 35:30

Rank in category: 40(of 49)

Best time in the category: 44:06

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Women	Behind Women	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Women	Behind Women
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	11:58	5:59	30	3:20	102	5:02	2.00	11:58	5:59	5	0:42	39	5:02			
Runde	2.00	11:50	5:55	39	3:07	119	4:43	4.00	23:48	5:57	5	1:52	60	9:45			
Runde	2.00	12:19	6:09	44	3:37	127	5:09	6.00	36:07	6:01	5	3:17	89	14:54			
Runde	2.00	12:28	6:14	44	3:33	125	5:15	8.00	48:35	6:04	5	4:28	89	20:09			
Leichtathletikhalle	2.00	12:13	6:06	42	3:23	127	5:09	10.00	1:00:48	6:04	40	16:42	121	25:18			