



# 41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

## Detailed evaluation

Dr. Heverhagen, Heike

Club: fit & run Weimar

Number: 1525

Course: 10.00 km

Vintage VDB Lauf

Category:

Seniorinnen W50 (50-59 Jahre)

Total time: 1:07:32

Speed: 8.88 km/h

Running performance: 6:45 min/km

Rank in course/Total: 618 (of 637)

Rank in course/Women: 138 (of 144)

Best time in course: 38:07

Rank in category: 23(of 25)

Best time in the category: 47:51

## Intermediate times

## Stage score

## Total ranking

| Control         | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | 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 Langstrec | 2.00        | 13:45         | 6:52            | 23          | 4:34           | 139          | 6:25            | 2.00        | 13:45         | 6:52            | 4           | 0:09           | 133          | 6:25            |
| Runde Langstrec | 2.00        | 13:33         | 6:46            | 24          | 4:07           | 141          | 5:56            | 4.00        | 27:18         | 6:49            | 4           | 0:35           | 133          | 12:21           |
| Runde Langstrec | 2.00        | 13:39         | 6:49            | 23          | 4:03           | 139          | 5:53            | 6.00        | 40:57         | 6:49            | 4           | 0:55           | 133          | 18:14           |
| Runde Langstrec | 2.00        | 13:30         | 6:45            | 22          | 3:41           | 133          | 5:44            | 8.00        | 54:27         | 6:48            | 3           | 5:27           | 124          | 23:58           |
| Leichtathletikh | 2.00        | 13:05         | 6:32            | 20          | 3:16           | 131          | 5:27            | 10.00       | 1:07:32       | 6:45            | 23          | 19:41          | 138          | 29:25           |