



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 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 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