



41. Erfurter Silvesterlauf

Erfurt / 31.12.2014

Detailed evaluation

Wilschewski, Heidi

Club: Kleinfahner

Number: 1491

Course: 10.00 km

Vintage VDB Lauf

Category:

Frauen (20-29 Jahre)

Total time: 46:53

Speed: 12.80 km/h

Running performance: 4:41 min/km

Rank in course/Total: 182 (of 637)

Rank in course/Women: 10 (of 144)

Best time in course: 38:07

Rank in category: 5(of 24)

Best time in the category: 42:00

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	9:12	4:35	6	0:45	10	1:52	2.00	9:12	4:35	5		134	1:52
Runde Langstrec	2.00	9:26	4:43	5	0:59	9	1:49	4.00	18:38	4:39	5		134	3:41
Runde Langstrec	2.00	9:40	4:49	8	1:19	16	1:54	6.00	28:18	4:43	5		134	5:35
Runde Langstrec	2.00	9:20	4:40	6	0:53	9	1:34	8.00	37:38	4:42	5		125	7:09
Leichtathletikh	2.00	9:15	4:37	5	0:57	9	1:37	10.00	46:53	4:41	5	4:53	10	8:46