



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 |