



## 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

### Detailed evaluation

Höroid, Mandy

Club: Oehrenstock

Number: 1346

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Frauen (20-29 Jahre)

Total time: 56:11

Speed: 10.68 km/h

Running performance: 5:37 min/km

Rank in course/Total: 501 (of 618)

Rank in course/Women: 71 (of 118)

Best time in course: 36:13

Rank in category: 12(of 18)

Best time in the category: 36:13

### 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               | 2.00        | 11:46         | 5:53            | 13          | 4:46           | 86           | 4:46            | 2.00        | 11:46         | 5:53            | 12          | 4:13           | 29           | 3:59            |
| Runde               | 2.00        | 10:50         | 5:25            | 12          | 3:32           | 67           | 3:32            | 4.00        | 22:36         | 5:39            | 14          | 0:39           | 35           | 4:52            |
| Runde               | 2.00        | 11:09         | 5:34            | 12          | 3:48           | 66           | 3:48            | 6.00        | 33:45         | 5:37            | 14          | 0:25           | 35           | 7:18            |
| Runde               | 2.00        | 11:11         | 5:35            | 12          | 3:52           | 62           | 3:52            | 8.00        | 44:56         | 5:36            | 13          |                | 35           | 9:41            |
| Leichtathletikhalle | 2.00        | 11:15         | 5:37            | 12          | 4:00           | 68           | 4:00            | 10.00       | 56:11         | 5:37            | 12          | 19:58          | 71           | 19:58           |