



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Herzog, Henrike**

Club: LTV Erfurt

Number: 96

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

weibliche Jugend U16 (14-15 Jahre)

Total time: 15:46

Speed: 15.22 km/h

Running performance: 3:56 min/km

Rank in course/Total: 32 (of 389)

Rank in course/Women: 7 (of 140)

Best time in course: 14:03

Rank in category: 1 (of 6)

Best time in the category: 15:46

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score  |                 | Total ranking |               |                 |             |                |              |                 |  |
|---------------------|-------------|---------------|-----------------|-------------|----------------|--------------|-----------------|---------------|---------------|-----------------|-------------|----------------|--------------|-----------------|--|
|                     |             |               |                 |             |                | 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        | 7:31          | 3:45            | 1           | -              | 6            | 0:32            | 2.00          | 7:31          | 3:45            | 1           | -              | 7            |                 |  |
| Leichtathletikhalle | 2.00        | 8:15          | 4:07            | 1           | -              | 8            | 1:11            | 4.00          | 15:46         | 3:56            | 1           | -              | 7            | 1:43            |  |