



# 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 km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Women	Behind Women	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Women	Behind 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