



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 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	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