



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Benischke, Marian

Club: SV Empor Walschleben

Number: 67

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Männer (20-29 Jahre)

Total time: 20:58

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 182 (of 389)

Rank in course/Men: 145 (of 249)

Best time in course: 11:54

Rank in category: 17(of 23)

Best time in the category: 11:54

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|---------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde | 2.00 | 10:43 | 5:21 | 16 | 4:44 | 148 | 4:44 | 2.00 | 10:43 | 5:21 | 9 | 2:23 | 104 | 4:43 |
| Leichtathletikhalle | 2.00 | 10:15 | 5:07 | 17 | 4:21 | 136 | 4:21 | 4.00 | 20:58 | 5:14 | 17 | 9:04 | 145 | 9:04 |