



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Grahmann, Christian

Club: Ilmenau

Number: 332

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Männer (20-29 Jahre)

Total time: 21:20

Speed: 11.25 km/h

Running performance: 5:20 min/km

Rank in course/Total: 192 (of 389)

Rank in course/Men: 149 (of 249)

Best time in course: 11:54

Rank in category: 18(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	10:51	5:25	19	4:52	159	4:52	2.00	10:51	5:25	8	2:31	115	4:51
Leichtathletikhalle	2.00	10:29	5:14	18	4:35	143	4:35	4.00	21:20	5:19	18	9:26	149	9:26