



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Weiss, Benjamin

Club: HSC Erfurt

Number: 161

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Männer (20-29 Jahre)

Total time: 21:41

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 214 (of 389)

Rank in course/Men: 165 (of 249)

Best time in course: 11:54

Rank in category: 19(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	10:48	5:24	17	4:49	153	4:49	2.00	10:48	5:24	5	2:28	193	4:48
Leichtathletikhalle	2.00	10:53	5:26	19	4:59	167	4:59	4.00	21:41	5:25	19	9:47	165	9:47