



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Bräutigam, Marcel

Club: Laufclub Erfurt

Number: 1524

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 31:19

Speed: 19.16 km/h

Running performance: 3:08 min/km

Rank in course/Total: 3 (of 618)

Rank in course/Men: 3 (of 500)

Best time in course: 31:03

Rank in category: 3(of 82)

Best time in the category: 31:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking				
						Pos Men	Behind Men				Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	6:04	3:01	3	0:01	3	0:01	2.00	6:04	3:01	62			394	
Runde	2.00	6:15	3:07	2	0:01	3	0:09	4.00	12:19	3:04	61			2	0:01
Runde	2.00	6:22	3:10	3	0:08	3	0:08	6.00	18:41	3:06	60			2	0:09
Runde	2.00	6:25	3:12	2	0:09	2	0:09	8.00	25:06	3:08	60			2	0:18
Leichtathletikhalle	2.00	6:13	3:06	2	0:02	2	0:02	10.00	31:19	3:07	4	4:51		4	4:51