



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schöfisch, Marcus

Club: ASV Erfurt

Number: 1422

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 31:17

Speed: 19.18 km/h

Running performance: 3:08 min/km

Rank in course/Total: 2 (of 618)

Rank in course/Men: 2 (of 500)

Best time in course: 31:03

Rank in category: 2(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			Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men	Total km	Total Time	Total min/km				
Runde	2.00	6:03	3:01	1	-	1	-	2.00	6:03	3:01	60			392
Runde	2.00	6:15	3:07	2	0:01	3	0:09	4.00	12:18	3:04	51		1	-
Runde	2.00	6:23	3:11	4	0:09	4	0:09	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	6:11	3:05	1	-	1	-	10.00	31:17	3:07	3	4:49	3	4:49