



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kowalsky, Tim

Club: TSV Plaue

Number: 1159

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 36:58

Speed: 16.23 km/h

Running performance: 3:42 min/km

Rank in course/Total: 19 (of 618)

Rank in course/Men: 18 (of 500)

Best time in course: 31:03

Rank in category: 12(of 82)

Best time in the category: 31:03

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	6:53	3:26	9	0:50	14	0:50	2.00	6:53	3:26	65			399	
Runde	2.00	7:33	3:46	14	1:19	23	1:27	4.00	14:26	3:36	49		4	2:08	
Runde	2.00	7:37	3:48	12	1:23	19	1:23	6.00	22:03	3:40	59		4	3:31	
Runde	2.00	7:37	3:48	12	1:21	19	1:21	8.00	29:40	3:42	59		4	4:52	
Leichtathletikhalle	2.00	7:18	3:38	10	1:07	15	1:07	10.00	36:58	3:41	13	10:30	19	10:30	