



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Pennewiß, Jan

Club: Kutzleben

Number: 1895

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 44:04

Speed: 13.62 km/h

Running performance: 4:25 min/km

Rank in course/Total: 126 (of 618)

Rank in course/Men: 118 (of 500)

Best time in course: 31:03

Rank in category: 31(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:44	4:21	32	2:41	137	2:41	2.00	8:44	4:21	10		8	0:14
Runde	2.00	8:28	4:14	25	2:14	86	2:22	4.00	17:12	4:17	55		21	4:54
Runde	2.00	8:49	4:24	29	2:35	110	2:35	6.00	26:01	4:20	55		21	7:29
Runde	2.00	9:01	4:30	32	2:45	125	2:45	8.00	35:02	4:22	55		21	10:14
Leichtathletikhalle	2.00	9:02	4:30	40	2:51	164	2:51	10.00	44:04	4:24	32	17:36	119	17:36