



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Morgenstern, Dennis

Club: SV Nordhausen 90

Number: 1280

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 40:58

Speed: 14.65 km/h

Running performance: 4:06 min/km

Rank in course/Total: 60 (of 618)

Rank in course/Men: 55 (of 500)

Best time in course: 31:03

Rank in category: 19(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	7:50	3:54	18	1:47	52	1:47	2.00	7:50	3:54	41		18	
Runde	2.00	7:59	3:59	17	1:45	42	1:53	4.00	15:49	3:57	53		35	3:31
Runde	2.00	8:11	4:05	18	1:57	46	1:57	6.00	24:00	4:00	53		35	5:28
Runde	2.00	8:29	4:14	21	2:13	63	2:13	8.00	32:29	4:03	53		35	7:41
Leichtathletikhalle	2.00	8:29	4:14	26	2:18	89	2:18	10.00	40:58	4:05	20	14:30	56	14:30