



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Praetorius, Sven

Club: ASV Erfurt

Number: 1450

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 31:49

Speed: 18.86 km/h

Running performance: 3:11 min/km

Rank in course/Total: 4 (of 618)

Rank in course/Men: 4 (of 500)

Best time in course: 31:03

Rank in category: 4(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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	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	6:14	3:07	1	-	2	0:08	4.00	12:18	3:04	51			1	-
Runde	2.00	6:17	3:08	2	0:03	2	0:03	6.00	18:35	3:05	51			48	0:03
Runde	2.00	6:35	3:17	4	0:19	5	0:19	8.00	25:10	3:08	51			48	0:22
Leichtathletikhalle	2.00	6:39	3:19	4	0:28	5	0:28	10.00	31:49	3:10	5	5:21		5	5:21