



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gentzel, Philipp

Club: Erfurter LAC

Number: 1163

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 38:03

Speed: 15.77 km/h

Running performance: 3:48 min/km

Rank in course/Total: 26 (of 618)

Rank in course/Men: 25 (of 500)

Best time in course: 31:03

Rank in category: 14(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	6:59	3:29	12	0:56	18	0:56	2.00	6:59	3:29	68			403	
Runde	2.00	7:27	3:43	12	1:13	19	1:21	4.00	14:26	3:36	49			4	2:08
Runde	2.00	7:45	3:52	14	1:31	28	1:31	6.00	22:11	3:41	49			52	3:39
Runde	2.00	8:03	4:01	14	1:47	34	1:47	8.00	30:14	3:46	49			52	5:26
Leichtathletikhalle	2.00	7:49	3:54	14	1:38	33	1:38	10.00	38:03	3:48	15	11:35		26	11:35