



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Pasemann, Florian

Club: Hochrhein Runners

Number: 1219

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 37:37

Speed: 15.95 km/h

Running performance: 3:46 min/km

Rank in course/Total: 22 (of 618)

Rank in course/Men: 21 (of 500)

Best time in course: 31:03

Rank in category: 13(of 82)

Best time in the category: 31:03

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	7:26	3:43	16	1:23	33	1:23	2.00	7:26	3:43	43		29	
Runde	2.00	7:29	3:44	13	1:15	22	1:23	4.00	14:55	3:43	48		55	2:37
Runde	2.00	7:39	3:49	13	1:25	20	1:25	6.00	22:34	3:45	48		54	4:02
Runde	2.00	7:41	3:50	13	1:25	20	1:25	8.00	30:15	3:46	48		54	5:27
Leichtathletikhalle	2.00	7:22	3:40	12	1:11	18	1:11	10.00	37:37	3:45	14	11:09	22	11:09