



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heinz, Philipp

Club: LTV-Erfurt/McDonald`s Erfurt

Number: 1387

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 35:49

Speed: 16.75 km/h

Running performance: 3:35 min/km

Rank in course/Total: 12 (of 618)

Rank in course/Men: 12 (of 500)

Best time in course: 31:03

Rank in category: 8(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 | 6:46 | 3:23 | 8 | 0:43 | 12 | 0:43 | 2.00 | 6:46 | 3:23 | 42 | | | 31 | |
| Runde | 2.00 | 7:08 | 3:34 | 8 | 0:54 | 13 | 1:02 | 4.00 | 13:54 | 3:28 | 46 | | | 58 | 1:36 |
| Runde | 2.00 | 7:15 | 3:37 | 8 | 1:01 | 13 | 1:01 | 6.00 | 21:09 | 3:31 | 46 | | | 57 | 2:37 |
| Runde | 2.00 | 7:19 | 3:39 | 9 | 1:03 | 14 | 1:03 | 8.00 | 28:28 | 3:33 | 46 | | | 57 | 3:40 |
| Leichtathletikhalle | 2.00 | 7:21 | 3:40 | 11 | 1:10 | 17 | 1:10 | 10.00 | 35:49 | 3:34 | 9 | 9:21 | 13 | 9:21 | |