



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

von Eye, Wolfgang

Club: LTV Erfurt

Number: 1147

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 43:46

Speed: 13.71 km/h

Running performance: 4:23 min/km

Rank in course/Total: 118 (of 618)

Rank in course/Men: 111 (of 500)

Best time in course: 31:03

Rank in category: 28(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	8:06	4:02	22	2:03	71	2:03	2.00	8:06	4:02	72		432	
Runde	2.00	8:39	4:19	32	2:25	113	2:33	4.00	16:45	4:11	45		62	4:27
Runde	2.00	8:52	4:26	31	2:38	117	2:38	6.00	25:37	4:16	45		61	7:05
Runde	2.00	9:03	4:31	34	2:47	129	2:47	8.00	34:40	4:19	45		61	9:52
Leichtathletikhalle	2.00	9:06	4:32	42	2:55	174	2:55	10.00	43:46	4:22	29	17:18	112	17:18