



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Köppe, Jan

Club: Erfurt

Number: 1393

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 40:52

Speed: 14.68 km/h

Running performance: 4:05 min/km

Rank in course/Total: 58 (of 618)

Rank in course/Men: 53 (of 500)

Best time in course: 31:03

Rank in category: 18(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	7:50	3:54	18	1:47	52	1:47	2.00	7:50	3:54	41		18	
Runde	2.00	8:09	4:04	19	1:55	57	2:03	4.00	15:59	3:59	43		70	3:41
Runde	2.00	8:17	4:08	20	2:03	57	2:03	6.00	24:16	4:02	43		68	5:44
Runde	2.00	8:16	4:08	17	2:00	44	2:00	8.00	32:32	4:03	43		68	7:44
Leichtathletikhalle	2.00	8:20	4:10	21	2:09	73	2:09	10.00	40:52	4:05	19	14:24	54	14:24