



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rauschenbach, Eric

Club: Erfurt
Number: 1442

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:
Männer (20-29 Jahre)

Total time: 47:40

Speed: 12.59 km/h
Running performance: 4:46 min/km

Rank in course/Total: 235 (of 618)

Rank in course/Men: 220 (of 500)

Best time in course: 31:03

Rank in category: 50(of 82)

Best time in the category: 31:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos		Behind		Total		Total		Total		Pos		Behind	
				Cat.	Men	Cat.	Men	km	Time	min/km	Cat.	Men	Cat.	Men			
Runde	2.00	11:48	5:54	77	454	5:45	454	2.00	11:48	5:54	44	2:00	49	3:18			
Runde	2.00	9:46	4:53	54	270	3:32	270	4.00	21:34	5:23	79	3:01	92	9:16			
Runde	2.00	9:01	4:30	35	146	2:47	146	6.00	30:35	5:05	79	1:45	89	12:03			
Runde	2.00	8:52	4:26	27	101	2:36	101	8.00	39:27	4:55	79	0:43	89	14:39			
Leichtathletikhalle	2.00	8:13	4:06	19	65	2:02	65	10.00	47:40	4:46	51	21:12	221	21:12			