



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Höpfner, Christian

Club: Schiedsrichter KFA EF-SÖM

Number: 1277

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 47:16

Speed: 12.69 km/h

Running performance: 4:44 min/km

Rank in course/Total: 224 (of 618)

Rank in course/Men: 210 (of 500)

Best time in course: 31:03

Rank in category: 47(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	8:28	4:14	26	2:25	95	2:25	2.00	8:28	4:14	57		2	
Runde	2.00	9:26	4:43	50	3:12	223	3:20	4.00	17:54	4:28	65		168	5:36
Runde	2.00	9:41	4:50	51	3:27	235	3:27	6.00	27:35	4:35	65		145	9:03
Runde	2.00	10:12	5:05	61	3:56	296	3:56	8.00	37:47	4:43	65		165	12:59
Leichtathletikhalle	2.00	9:29	4:44	55	3:18	232	3:18	10.00	47:16	4:43	48	20:48	211	20:48