



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Bauchspieß, Mario

Club: LTV-Erfurt

Number: 1311

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 45:28

Speed: 13.20 km/h

Running performance: 4:33 min/km

Rank in course/Total: 165 (of 618)

Rank in course/Men: 155 (of 500)

Best time in course: 31:03

Rank in category: 38(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	8:48	4:24	35	2:45	144	2:45	2.00	8:48	4:24	4		58	0:18
Runde	2.00	8:53	4:26	35	2:39	148	2:47	4.00	17:41	4:25	27		171	5:23
Runde	2.00	9:09	4:34	43	2:55	166	2:55	6.00	26:50	4:28	64		150	8:18
Runde	2.00	9:25	4:42	46	3:09	181	3:09	8.00	36:15	4:31	64		168	11:27
Leichtathletikhalle	2.00	9:13	4:36	49	3:02	197	3:02	10.00	45:28	4:32	39	19:00	156	19:00