



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Janke, Kai

Club: TSSC Erfurt

Number: 1004

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 46:31

Speed: 12.90 km/h

Running performance: 4:39 min/km

Rank in course/Total: 196 (of 618)

Rank in course/Men: 184 (of 500)

Best time in course: 31:03

Rank in category: 7(of 22)

Best time in the category: 32:52

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total			Total ranking			
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:55	4:27	7	2:39	153	2:52	2.00	8:55	4:27	22		454	0:25
Runde	2.00	9:10	4:34	8	2:35	182	3:04	4.00	18:05	4:31	18		177	5:47
Runde	2.00	9:11	4:35	6	2:30	172	2:57	6.00	27:16	4:32	18		174	8:44
Runde	2.00	9:30	4:45	7	2:47	200	3:14	8.00	36:46	4:35	18		174	11:58
Leichtathletikhalle	2.00	9:45	4:52	10	3:08	269	3:34	10.00	46:31	4:39	7	13:39	185	20:03