



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Eichhorn, Lars-Erik

Club: Pro-RWE.Die Nachwuchspaten e. V.
Number: 1269

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 54:42

Speed: 10.97 km/h

Running performance: 5:28 min/km

Rank in course/Total: 471 (of 618)

Rank in course/Men: 411 (of 500)

Best time in course: 31:03

Rank in category: 75(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	9:52	4:56	60	3:49	262	3:49	2.00	9:52	4:56	17	0:04	111	1:22
Runde	2.00	10:44	5:21	74	4:30	412	4:38	4.00	20:36	5:09	32	2:03	102	8:18
Runde	2.00	11:02	5:30	74	4:48	413	4:48	6.00	31:38	5:16	32	2:48	183	13:06
Runde	2.00	11:30	5:45	76	5:14	438	5:14	8.00	43:08	5:23	32	4:24	183	18:20
Leichtathletikhalle	2.00	11:34	5:46	79	5:23	448	5:23	10.00	54:42	5:28	76	28:14	412	28:14