



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Seyfarth, Sebastian

Club: Erfurt
Number: 1551

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:
Männer (20-29 Jahre)

Total time: 50:32

Speed: 11.87 km/h
Running performance: 5:03 min/km

Rank in course/Total: 325 (of 618)

Rank in course/Men: 296 (of 500)

Best time in course: 31:03

Rank in category: 63(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.	Stage score		Total			Pos		Behind	
						Pos Men	Behind Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	9:38	4:48	54	3:35	243	3:35	2.00	9:38	4:48	14		77	1:08
Runde	2.00	9:51	4:55	61	3:37	287	3:45	4.00	19:29	4:52	18	0:56	213	7:11
Runde	2.00	10:38	5:18	68	4:24	372	4:24	6.00	30:07	5:01	18	1:17	210	11:35
Runde	2.00	10:21	5:10	65	4:05	320	4:05	8.00	40:28	5:03	18	1:44	210	15:40
Leichtathletikhalle	2.00	10:04	5:01	64	3:53	309	3:53	10.00	50:32	5:03	64	24:04	297	24:04