



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Giersberg, Max

Club: Erfurt
Number: 1464

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 54:48

Speed: 10.95 km/h
Running performance: 5:29 min/km

Rank in course/Total: 475 (of 618)

Rank in course/Men: 414 (of 500)

Best time in course: 31:03

Rank in category: 16(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	11:53	5:56	22	5:37	466	5:50	2.00	11:53	5:56	16	0:05	142	3:23			
Runde	2.00	11:11	5:35	17	4:36	443	5:05	4.00	23:04	5:46	16		219	10:46			
Runde	2.00	11:02	5:30	14	4:21	413	4:48	6.00	34:06	5:41	16		216	15:34			
Runde	2.00	10:51	5:25	12	4:08	375	4:35	8.00	44:57	5:37	16		216	20:09			
Leichtathletikhah	2.00	9:51	4:55	11	3:14	281	3:40	10.00	54:48	5:28	16	21:56	415	28:20			