



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Laskus, Marcel

Club: SBK

Number: 1239

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 44:48

Speed: 13.39 km/h

Running performance: 4:29 min/km

Rank in course/Total: 150 (of 618)

Rank in course/Men: 141 (of 500)

Best time in course: 31:03

Rank in category: 34(of 82)

Best time in the category: 31:03

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking						
	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	8:17	4:08	24	2:14	82	2:14	2.00	8:17	4:08	74			443	
Runde	2.00	8:53	4:26	35	2:39	148	2:47	4.00	17:10	4:17	10			116	4:52
Runde	2.00	9:03	4:31	38	2:49	151	2:49	6.00	26:13	4:22	16			230	7:41
Runde	2.00	9:13	4:36	39	2:57	155	2:57	8.00	35:26	4:25	16			230	10:38
Leichtathletikhalle	2.00	9:22	4:41	53	3:11	220	3:11	10.00	44:48	4:28	35	18:20	142	18:20	