



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Vinz, Johannes

Club: SBK

Number: 1276

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 48:23

Speed: 12.40 km/h

Running performance: 4:50 min/km

Rank in course/Total: 257 (of 618)

Rank in course/Men: 239 (of 500)

Best time in course: 31:03

Rank in category: 53(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 ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:44	4:21	32	2:41	137	2:41	2.00	8:44	4:21	10		8	0:14
Runde	2.00	9:49	4:54	58	3:35	282	3:43	4.00	18:33	4:38	1	-	165	6:15
Runde	2.00	10:17	5:08	63	4:03	328	4:03	6.00	28:50	4:48	1	-	270	10:18
Runde	2.00	9:54	4:57	57	3:38	255	3:38	8.00	38:44	4:50	1	-	270	13:56
Leichtathletikhalle	2.00	9:39	4:49	60	3:28	253	3:28	10.00	48:23	4:50	54	21:55	240	21:55