



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Filusch, Robert

Club: SBK

Number: 1226

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: 151 (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	9:05	4:32	39	2:51	155	2:51	6.00	26:15	4:22	10		138	7:43
Runde	2.00	9:20	4:40	43	3:04	172	3:04	8.00	35:35	4:26	10		276	10:47
Leichtathletikhalle	2.00	9:13	4:36	49	3:02	197	3:02	10.00	44:48	4:28	35	18:20	142	18:20