



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kerst, Alexander

Club: SV Empor Walschleben

Number: 1120

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 57:37

Speed: 10.41 km/h

Running performance: 5:46 min/km

Rank in course/Total: 530 (of 618)

Rank in course/Men: 451 (of 500)

Best time in course: 31:03

Rank in category: 79(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	11:20	5:40	73	5:17	425	5:17	2.00	11:20	5:40	6	1:32	133	2:50
Runde	2.00	11:23	5:41	78	5:09	454	5:17	4.00	22:43	5:40	6	4:10	295	10:25
Runde	2.00	11:43	5:51	79	5:29	458	5:29	6.00	34:26	5:44	6	5:36	292	15:54
Runde	2.00	11:48	5:54	77	5:32	450	5:32	8.00	46:14	5:46	6	7:30	292	21:26
Leichtathletikhalle	2.00	11:23	5:41	77	5:12	437	5:12	10.00	57:37	5:45	80	31:09	452	31:09