



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sewina, Merlin

Club: Greiz

Number: 1694

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 46:45

Speed: 12.83 km/h

Running performance: 4:41 min/km

Rank in course/Total: 206 (of 618)

Rank in course/Men: 192 (of 500)

Best time in course: 31:03

Rank in category: 8(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.	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	8:34	4:16	5	2:18	108	2:31	2.00	8:34	4:16	9			11	0:04
Runde	2.00	8:48	4:24	6	2:13	137	2:42	4.00	17:22	4:20	9			315	5:04
Runde	2.00	9:34	4:46	8	2:53	228	3:20	6.00	26:56	4:29	9			312	8:24
Runde	2.00	9:56	4:58	11	3:13	260	3:40	8.00	36:52	4:36	9			312	12:04
Leichtathletikhalle	2.00	9:53	4:56	12	3:16	286	3:42	10.00	46:45	4:40	8	13:53		193	20:17