



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ziegler, Mario

Club: Erfurt
Number: 1075

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:
Männer (20-29 Jahre)

Total time: 48:54

Speed: 12.27 km/h
Running performance: 4:53 min/km

Rank in course/Total: 273 (of 618)

Rank in course/Men: 252 (of 500)

Best time in course: 31:03

Rank in category: 56(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	9:24	4:42	46	3:21	200	3:21	2.00	9:24	4:42	29		89	0:54
Runde	2.00	9:43	4:51	53	3:29	263	3:37	4.00	19:07	4:46	5	0:34	317	6:49
Runde	2.00	10:02	5:00	57	3:48	288	3:48	6.00	29:09	4:51	33	0:19	419	10:37
Runde	2.00	10:08	5:03	58	3:52	286	3:52	8.00	39:17	4:54	33	0:33	423	14:29
Leichtathletikhalle	2.00	9:37	4:48	58	3:26	249	3:26	10.00	48:54	4:53	57	22:26	253	22:26