



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Limburg, Tim

Club: Kodokan Erfurt

Number: 1244

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 49:21

Speed: 12.16 km/h

Running performance: 4:56 min/km

Rank in course/Total: 292 (of 618)

Rank in course/Men: 267 (of 500)

Best time in course: 31:03

Rank in category: 58(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:36	4:47	51	3:33	230	3:33	2.00	9:36	4:47	5		108	1:06
Runde	2.00	9:25	4:42	49	3:11	221	3:19	4.00	19:01	4:45	30	0:28	451	6:43
Runde	2.00	10:01	5:00	56	3:47	286	3:47	6.00	29:02	4:50	30	0:12	448	10:30
Runde	2.00	10:10	5:04	59	3:54	291	3:54	8.00	39:12	4:54	30	0:28	448	14:24
Leichtathletikhalle	2.00	10:09	5:04	65	3:58	320	3:58	10.00	49:21	4:56	59	22:53	268	22:53