



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Knabe, Stephan

Club: Schotte e.V.

Number: 1046

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 1:03:05

Speed: 9.51 km/h

Running performance: 6:19 min/km

Rank in course/Total: 597 (of 618)

Rank in course/Men: 489 (of 500)

Best time in course: 31:03

Rank in category: 81(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	13:27	6:43	82	7:24	498	7:24	2.00	13:27	6:43	26	3:39	354	4:57
Runde	2.00	12:57	6:28	81	6:43	494	6:51	4.00	26:24	6:35	29	7:51	459	14:06
Runde	2.00	12:48	6:24	81	6:34	491	6:34	6.00	39:12	6:32	29	10:22	456	20:40
Runde	2.00	12:34	6:16	81	6:18	481	6:18	8.00	51:46	6:28	29	13:02	456	26:58
Leichtathletikhalle	2.00	11:19	5:39	74	5:08	430	5:08	10.00	1:03:05	6:18	82	36:37	490	36:37