



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rätzsch, Martin

Club: Erfurt
Number: 1883

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:
Männer (20-29 Jahre)

Total time: 54:25

Speed: 11.03 km/h
Running performance: 5:26 min/km

Rank in course/Total: 462 (of 618)

Rank in course/Men: 400 (of 500)

Best time in course: 31:03

Rank in category: 73(of 82)

Best time in the category: 31:03

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	10:47	5:23	67	4:44	377	4:44	2.00	10:47	5:23	21	0:59	155	2:17
Runde	2.00	10:28	5:14	68	4:14	385	4:22	4.00	21:15	5:18	23	2:42	497	8:57
Runde	2.00	10:54	5:27	71	4:40	399	4:40	6.00	32:09	5:21	23	3:19	198	13:37
Runde	2.00	11:04	5:31	71	4:48	403	4:48	8.00	43:13	5:24	21	4:29	186	18:25
Leichtathletikhalle	2.00	11:12	5:35	73	5:01	422	5:01	10.00	54:25	5:26	74	27:57	401	27:57