



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Benischke, Marian

Club: SV Empor Walschleben

Number: 67

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Männer (20-29 Jahre)

Total time: 20:58

Speed: 11.45 km/h

Running performance: 5:14 min/km

Rank in course/Total: 182 (of 389)

Rank in course/Men: 145 (of 249)

Best time in course: 11:54

Rank in category: 17(of 23)

Best time in the category: 11:54

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	10:43	5:21	16	4:44	148	4:44	2.00	10:43	5:21	9	2:23	104	4:43
Leichtathletikhall	2.00	10:15	5:07	17	4:21	136	4:21	4.00	20:58	5:14	17	9:04	145	9:04