



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Weiss, Benjamin

Club: HSC Erfurt

Number: 161

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Männer (20-29 Jahre)

Total time: 21:41

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 214 (of 389)

Rank in course/Men: 165 (of 249)

Best time in course: 11:54

Rank in category: 19(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 | 10:48 | 5:24 | 17 | 4:49 | 153 | 4:49 | 2.00 | 10:48 | 5:24 | 5 | 2:28 | 193 | 4:48 |
| Leichtathletikhalle | 2.00 | 10:53 | 5:26 | 19 | 4:59 | 167 | 4:59 | 4.00 | 21:41 | 5:25 | 19 | 9:47 | 165 | 9:47 |