



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

König, Christian

Club: SV Glückauf Sondershausen

Number: 1342

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 31:03

Speed: 19.32 km/h

Running performance: 3:06 min/km

Rank in course/Total: 1 (of 618)

Rank in course/Men: 1 (of 500)

Best time in course: 31:03

Rank in category: 1(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.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men							
Runde	2.00	6:03	3:01	1	-	1	-	2.00	6:03	3:01	60	-	392	-
Runde	2.00	6:15	3:07	2	0:01	3	0:09	4.00	12:18	3:04	51	-	1	-
Runde	2.00	6:14	3:07	1	-	1	-	6.00	18:32	3:05	72	-	1	-
Runde	2.00	6:16	3:07	1	-	1	-	8.00	24:48	3:06	72	-	1	-
Leichtathletikhalle	2.00	6:15	3:07	3	0:04	3	0:04	10.00	31:03	3:06	2	4:35	2	4:35