



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sperl, Benjamin

Club: Run Runningteam Kassel

Number: 1731

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 34:05

Speed: 17.60 km/h

Running performance: 3:25 min/km

Rank in course/Total: 6 (of 618)

Rank in course/Men: 6 (of 500)

Best time in course: 31:03

Rank in category: 5 (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 ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	6:22	3:10	5	0:19	7	0:19	2.00	6:22	3:10	64			398	
Runde	2.00	6:50	3:24	5	0:36	7	0:44	4.00	13:12	3:17	57			16	0:54
Runde	2.00	6:59	3:29	6	0:45	8	0:45	6.00	20:11	3:21	57			16	1:39
Runde	2.00	7:02	3:30	6	0:46	9	0:46	8.00	27:13	3:24	57			16	2:25
Leichtathletikhalle	2.00	6:52	3:25	5	0:41	7	0:41	10.00	34:05	3:24	6	7:37		7	7:37