



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Espig, Torsten

Club: MTB Team Schroeter/ Tabarzer SV
Number: 1198

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 42:29

Speed: 14.12 km/h

Running performance: 4:15 min/km

Rank in course/Total: 84 (of 618)

Rank in course/Men: 78 (of 500)

Best time in course: 31:03

Rank in category: 22(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	7:37	3:48	17	1:34	40	1:34	2.00	7:37	3:48	54			7	
Runde	2.00	8:23	4:11	23	2:09	79	2:17	4.00	16:00	4:00	56			19	3:42
Runde	2.00	8:44	4:21	27	2:30	96	2:30	6.00	24:44	4:07	56			19	6:12
Runde	2.00	9:09	4:34	37	2:53	143	2:53	8.00	33:53	4:14	56			19	9:05
Leichtathletikhah	2.00	8:36	4:17	28	2:25	106	2:25	10.00	42:29	4:14	23	16:01		79	16:01