



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Lange, Patrick

Club: Erfurt

Number: 1357

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 42:51

Speed: 14.00 km/h

Running performance: 4:17 min/km

Rank in course/Total: 96 (of 618)

Rank in course/Men: 90 (of 500)

Best time in course: 31:03

Rank in category: 26(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	8:40	4:19	30	2:37	126	2:37	2.00	8:40	4:19	48			15	0:10
Runde	2.00	8:33	4:16	27	2:19	99	2:27	4.00	17:13	4:18	54			32	4:55
Runde	2.00	8:37	4:18	24	2:23	86	2:23	6.00	25:50	4:18	54			29	7:18
Runde	2.00	8:36	4:17	23	2:20	74	2:20	8.00	34:26	4:18	54			32	9:38
Leichtathletikhalle	2.00	8:25	4:12	24	2:14	87	2:14	10.00	42:51	4:17	27	16:23		91	16:23