



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Pasemann, Florian**

Club: Hochrhein Runners

Number: 1219

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 37:37

Speed: 15.95 km/h

Running performance: 3:46 min/km

Rank in course/Total: 22 (of 618)

Rank in course/Men: 21 (of 500)

Best time in course: 31:03

Rank in category: 13(of 82)

Best time in the category: 31:03

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                     |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde               | 2.00        | 7:26          | 3:43            | 16          | 1:23           | 33          | 1:23          | 2.00          | 7:26          | 3:43            | 43          |                | 29         |               |
| Runde               | 2.00        | 7:29          | 3:44            | 13          | 1:15           | 22          | 1:23          | 4.00          | 14:55         | 3:43            | 48          |                | 55         | 2:37          |
| Runde               | 2.00        | 7:39          | 3:49            | 13          | 1:25           | 20          | 1:25          | 6.00          | 22:34         | 3:45            | 48          |                | 54         | 4:02          |
| Runde               | 2.00        | 7:41          | 3:50            | 13          | 1:25           | 20          | 1:25          | 8.00          | 30:15         | 3:46            | 48          |                | 54         | 5:27          |
| Leichtathletikhalle | 2.00        | 7:22          | 3:40            | 12          | 1:11           | 18          | 1:11          | 10.00         | 37:37         | 3:45            | 14          | 11:09          | 22         | 11:09         |