



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Panse, Adrian

Club: USV Erfurt

Number: 1218

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 35:51

Speed: 16.74 km/h

Running performance: 3:35 min/km

Rank in course/Total: 13 (of 618)

Rank in course/Men: 13 (of 500)

Best time in course: 31:03

Rank in category: 9(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	7:14	3:37	13	1:11	22	1:11	2.00	7:14	3:37	69			407	
Runde	2.00	7:08	3:34	8	0:54	13	1:02	4.00	14:22	3:35	47			57	2:04
Runde	2.00	7:18	3:38	9	1:04	14	1:04	6.00	21:40	3:36	47			5	3:08
Runde	2.00	7:15	3:37	8	0:59	13	0:59	8.00	28:55	3:36	47			56	4:07
Leichtathletikhalle	2.00	6:56	3:28	6	0:45	9	0:45	10.00	35:51	3:35	10	9:23		14	9:23