



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heinz, Philipp

Club: LTV-Erfurt/McDonald`s Erfurt

Number: 1387

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 35:49

Speed: 16.75 km/h

Running performance: 3:35 min/km

Rank in course/Total: 12 (of 618)

Rank in course/Men: 12 (of 500)

Best time in course: 31:03

Rank in category: 8(of 82)

Best time in the category: 31:03

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	6:46	3:23	8	0:43	12	0:43	2.00	6:46	3:23	42			31	
Runde	2.00	7:08	3:34	8	0:54	13	1:02	4.00	13:54	3:28	46			58	1:36
Runde	2.00	7:15	3:37	8	1:01	13	1:01	6.00	21:09	3:31	46			57	2:37
Runde	2.00	7:19	3:39	9	1:03	14	1:03	8.00	28:28	3:33	46			57	3:40
Leichtathletikhalle	2.00	7:21	3:40	11	1:10	17	1:10	10.00	35:49	3:34	9	9:21	13	9:21	