



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schlennstedt, Jan

Club: LSG 80 Schmückeläufer

Number: 1398

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 42:39

Speed: 14.07 km/h

Running performance: 4:16 min/km

Rank in course/Total: 88 (of 618)

Rank in course/Men: 82 (of 500)

Best time in course: 31:03

Rank in category: 24(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	8:46	4:23	34	2:43	141	2:43	2.00	8:46	4:23	40		34	0:16
Runde	2.00	8:38	4:18	31	2:24	110	2:32	4.00	17:24	4:20	44		67	5:06
Runde	2.00	8:14	4:06	19	2:00	49	2:00	6.00	25:38	4:16	44		65	7:06
Runde	2.00	8:19	4:09	18	2:03	49	2:03	8.00	33:57	4:14	44		31	9:09
Leichtathletikhalle	2.00	8:42	4:20	30	2:31	117	2:31	10.00	42:39	4:15	25	16:11	83	16:11