



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Köppe, Jan

Club: Erfurt

Number: 1393

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 40:52

Speed: 14.68 km/h

Running performance: 4:05 min/km

Rank in course/Total: 58 (of 618)

Rank in course/Men: 53 (of 500)

Best time in course: 31:03

Rank in category: 18(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 | 7:50 | 3:54 | 18 | 1:47 | 52 | 1:47 | 2.00 | 7:50 | 3:54 | 41 | | | 18 | |
| Runde | 2.00 | 8:09 | 4:04 | 19 | 1:55 | 57 | 2:03 | 4.00 | 15:59 | 3:59 | 43 | | | 70 | 3:41 |
| Runde | 2.00 | 8:17 | 4:08 | 20 | 2:03 | 57 | 2:03 | 6.00 | 24:16 | 4:02 | 43 | | | 68 | 5:44 |
| Runde | 2.00 | 8:16 | 4:08 | 17 | 2:00 | 44 | 2:00 | 8.00 | 32:32 | 4:03 | 43 | | | 68 | 7:44 |
| Leichtathletikhalle | 2.00 | 8:20 | 4:10 | 21 | 2:09 | 73 | 2:09 | 10.00 | 40:52 | 4:05 | 19 | 14:24 | | 54 | 14:24 |