



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Geßner, Jakob

Club: LTV Erfurt

Number: 1471

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 44:07

Speed: 13.60 km/h

Running performance: 4:25 min/km

Rank in course/Total: 127 (of 618)

Rank in course/Men: 119 (of 500)

Best time in course: 31:03

Rank in category: 4(of 22)

Best time in the category: 32:52

Intermediate times

Stage score

Total ranking

Control	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	8:09	4:04	3	1:53	74	2:06	2.00	8:09	4:04	21		435	
Runde	2.00	8:35	4:17	5	2:00	105	2:29	4.00	16:44	4:11	20		43	4:26
Runde	2.00	9:04	4:31	5	2:23	153	2:50	6.00	25:48	4:17	20		76	7:16
Runde	2.00	9:23	4:41	6	2:40	177	3:07	8.00	35:11	4:23	20		76	10:23
Leichtathletikhalle	2.00	8:56	4:28	5	2:19	150	2:45	10.00	44:07	4:24	4	11:15	120	17:39