



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Föt, Sören

Club: LSV Lok Arnstadt

Number: 1714

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 35:57

Speed: 16.69 km/h

Running performance: 3:36 min/km

Rank in course/Total: 14 (of 618)

Rank in course/Men: 14 (of 500)

Best time in course: 31:03

Rank in category: 10(of 82)

Best time in the category: 31:03

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	6:54	3:27	10	0:51	15	0:51	2.00	6:54	3:27	66			400
Runde	2.00	7:09	3:34	10	0:55	15	1:03	4.00	14:03	3:30	81			83 1:45
Runde	2.00	7:20	3:39	10	1:06	15	1:06	6.00	21:23	3:33	81			81 2:51
Runde	2.00	7:23	3:41	10	1:07	17	1:07	8.00	28:46	3:35	81			81 3:58
Leichtathletikhalle	2.00	7:11	3:35	9	1:00	14	1:00	10.00	35:57	3:35	11	9:29	15	9:29