



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Diemann, Christian

Club: Erfurt
Number: 1076

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:
Männer (20-29 Jahre)

Total time: 38:55

Speed: 15.42 km/h
Running performance: 3:53 min/km

Rank in course/Total: 32 (of 618)

Rank in course/Men: 30 (of 500)

Best time in course: 31:03

Rank in category: 15(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	7:25	3:42	15	1:22	32	1:22	2.00	7:25	3:42	46		53	
Runde	2.00	7:35	3:47	15	1:21	26	1:29	4.00	15:00	3:45	78		99	2:42
Runde	2.00	7:57	3:58	15	1:43	32	1:43	6.00	22:57	3:49	78		96	4:25
Runde	2.00	8:08	4:03	15	1:52	38	1:52	8.00	31:05	3:53	78		96	6:17
Leichtathletikhalle	2.00	7:50	3:54	15	1:39	36	1:39	10.00	38:55	3:53	16	12:27	31	12:27