



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stein, Marcus

Club: ANNA KRAM: Laufend helfen

Number: 1701

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 48:34

Speed: 12.35 km/h

Running performance: 4:52 min/km

Rank in course/Total: 265 (of 618)

Rank in course/Men: 246 (of 500)

Best time in course: 31:03

Rank in category: 10(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.	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	10:04	5:01	13	3:48	284	4:01	2.00	10:04	5:01	18			59	1:34
Runde	2.00	9:54	4:57	10	3:19	295	3:48	4.00	19:58	4:59	17			106	7:40
Runde	2.00	9:59	4:59	10	3:18	280	3:45	6.00	29:57	4:59	19			103	11:25
Runde	2.00	9:35	4:47	8	2:52	210	3:19	8.00	39:32	4:56	19			103	14:44
Leichtathletikhalle	2.00	9:02	4:30	6	2:25	164	2:51	10.00	48:34	4:51	10	15:42		247	22:06