



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Christoph, Johannes

Club: Erfurt
Number: 1298

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:
Männer (20-29 Jahre)

Total time: 44:03

Speed: 13.62 km/h
Running performance: 4:24 min/km

Rank in course/Total: 125 (of 618)

Rank in course/Men: 117 (of 500)

Best time in course: 31:03

Rank in category: 30(of 82)

Best time in the category: 31:03

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	8:55	4:27	39	2:52	153	2:52	2.00	8:55	4:27	76		454	0:25
Runde	2.00	8:33	4:16	27	2:19	99	2:27	4.00	17:28	4:21	73		119	5:10
Runde	2.00	8:42	4:20	26	2:28	93	2:28	6.00	26:10	4:21	73		47	7:38
Runde	2.00	8:56	4:28	30	2:40	111	2:40	8.00	35:06	4:23	73		9	10:18
Leichtathletikhalle	2.00	8:57	4:28	38	2:46	154	2:46	10.00	44:03	4:24	31	17:35	118	17:35