



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Staffel, Tobias

Club: fit&run Weimar

Number: 1195

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 40:04

Speed: 14.98 km/h

Running performance: 4:01 min/km

Rank in course/Total: 44 (of 618)

Rank in course/Men: 40 (of 500)

Best time in course: 31:03

Rank in category: 16(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	7:22	3:40	14	1:19	29	1:19	2.00	7:22	3:40	70			414	
Runde	2.00	7:45	3:52	16	1:31	33	1:39	4.00	15:07	3:46	71			126	2:49
Runde	2.00	8:19	4:09	21	2:05	59	2:05	6.00	23:26	3:54	71			123	4:54
Runde	2.00	8:24	4:12	19	2:08	56	2:08	8.00	31:50	3:58	71			123	7:02
Leichtathletikhalle	2.00	8:14	4:06	20	2:03	67	2:03	10.00	40:04	4:00	17	13:36	41	13:36	