



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sroszynski, Marcel

Club: Oßmannstedt

Number: 1123

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 47:19

Speed: 12.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 226 (of 618)

Rank in course/Men: 211 (of 500)

Best time in course: 31:03

Rank in category: 48(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	10:20	5:10	61	4:17	312	4:17	2.00	10:20	5:10	55	0:32	74	1:50	
Runde	2.00	9:12	4:35	42	2:58	186	3:06	4.00	19:32	4:53	70	0:59	133	7:14	
Runde	2.00	9:13	4:36	46	2:59	176	2:59	6.00	28:45	4:47	70		130	10:13	
Runde	2.00	9:25	4:42	46	3:09	181	3:09	8.00	38:10	4:46	70		130	13:22	
Leichtathletikhalle	2.00	9:09	4:34	46	2:58	186	2:58	10.00	47:19	4:43	49	20:51	212	20:51	