



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kachel, Christian

Club: FSV Abenheim 1923 e.V.

Number: 1374

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 45:43

Speed: 13.12 km/h

Running performance: 4:34 min/km

Rank in course/Total: 175 (of 618)

Rank in course/Men: 163 (of 500)

Best time in course: 31:03

Rank in category: 41(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	9:05	4:32	42	3:02	168	3:02	2.00	9:05	4:32	79		469	0:35
Runde	2.00	9:17	4:38	44	3:03	199	3:11	4.00	18:22	4:35	68		146	6:04
Runde	2.00	9:05	4:32	39	2:51	155	2:51	6.00	27:27	4:34	68		153	8:55
Runde	2.00	9:10	4:34	38	2:54	149	2:54	8.00	36:37	4:34	68		153	11:49
Leichtathletikhalle	2.00	9:06	4:32	42	2:55	174	2:55	10.00	45:43	4:34	42	19:15	164	19:15