



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Liebold, Marcus

Club: Oslo

Number: 1036

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: 176 (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		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	9:41	4:50	55	3:38	249	3:38	2.00	9:41	4:50	58		94	1:11
Runde	2.00	9:24	4:42	48	3:10	217	3:18	4.00	19:05	4:46	67	0:32	149	6:47
Runde	2.00	9:07	4:33	41	2:53	163	2:53	6.00	28:12	4:42	67		106	9:40
Runde	2.00	9:05	4:32	36	2:49	134	2:49	8.00	37:17	4:39	67		105	12:29
Leichtathletikhalle	2.00	8:26	4:13	25	2:15	88	2:15	10.00	45:43	4:34	42	19:15	164	19:15