



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schermesser, Alexander

Club: Erfurt
Number: 1162

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:
Männer (20-29 Jahre)

Total time: 53:36

Speed: 11.19 km/h
Running performance: 5:22 min/km

Rank in course/Total: 436 (of 618)

Rank in course/Men: 384 (of 500)

Best time in course: 31:03

Rank in category: 71(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	10:23	5:11	62	4:20	316	4:20	2.00	10:23	5:11	30	0:35	114	1:53
Runde	2.00	10:43	5:21	72	4:29	410	4:37	4.00	21:06	5:16	21	2:33	189	8:48
Runde	2.00	11:00	5:30	72	4:46	409	4:46	6.00	32:06	5:21	21	3:16	186	13:34
Runde	2.00	11:07	5:33	73	4:51	407	4:51	8.00	43:13	5:24	21	4:29	186	18:25
Leichtathletikhalle	2.00	10:23	5:11	69	4:12	350	4:12	10.00	53:36	5:21	72	27:08	385	27:08