



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Vieller, Dennis

Club: Erfurt
Number: 1742

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:
Männer (20-29 Jahre)

Total time: 54:37

Speed: 10.99 km/h
Running performance: 5:28 min/km

Rank in course/Total: 469 (of 618)

Rank in course/Men: 408 (of 500)

Best time in course: 31:03

Rank in category: 74(of 82)

Best time in the category: 31:03

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	9:48	4:54	57	3:45	255	3:45	2.00	9:48	4:54	1	-	129	1:18
Runde	2.00	10:11	5:05	64	3:57	347	4:05	4.00	19:59	4:59	20	1:26	205	7:41
Runde	2.00	11:00	5:30	72	4:46	409	4:46	6.00	30:59	5:09	20	2:09	202	12:27
Runde	2.00	12:13	6:06	79	5:57	472	5:57	8.00	43:12	5:24	20	4:28	202	18:24
Leichtathletikhalle	2.00	11:25	5:42	78	5:14	440	5:14	10.00	54:37	5:27	75	28:09	409	28:09