



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Laube, Lukas

Club: Kodokan Erfurt e.V.

Number: 1305

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 45:55

Speed: 13.07 km/h

Running performance: 4:35 min/km

Rank in course/Total: 182 (of 618)

Rank in course/Men: 170 (of 500)

Best time in course: 31:03

Rank in category: 6(of 22)

Best time in the category: 32:52

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	9:29	4:44	8	3:13	211	3:26	2.00	9:29	4:44	15		138	0:59
Runde	2.00	8:49	4:24	7	2:14	138	2:43	4.00	18:18	4:34	15		223	6:00
Runde	2.00	9:00	4:30	4	2:19	142	2:46	6.00	27:18	4:32	15		220	8:46
Runde	2.00	9:15	4:37	4	2:32	162	2:59	8.00	36:33	4:34	15		220	11:45
Leichtathletikhalle	2.00	9:22	4:41	8	2:45	220	3:11	10.00	45:55	4:35	6	13:03	171	19:27