



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Breuer, Max

Club: ELAC

Number: 1303

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 34:59

Speed: 17.15 km/h

Running performance: 3:30 min/km

Rank in course/Total: 10 (of 618)

Rank in course/Men: 10 (of 500)

Best time in course: 31:03

Rank in category: 7(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	6:38	3:19	7	0:35	9	0:35	2.00	6:38	3:19	9			44	
Runde	2.00	6:57	3:28	7	0:43	11	0:51	4.00	13:35	3:23	11			278	1:17
Runde	2.00	7:09	3:34	7	0:55	12	0:55	6.00	20:44	3:27	11			275	2:12
Runde	2.00	7:09	3:34	7	0:53	12	0:53	8.00	27:53	3:29	11			119	3:05
Leichtathletikhalle	2.00	7:06	3:32	8	0:55	11	0:55	10.00	34:59	3:29	8	8:31		11	8:31