



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hermanns, Till

Club: Buchow

Number: 1349

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 45:12

Speed: 13.27 km/h

Running performance: 4:31 min/km

Rank in course/Total: 158 (of 618)

Rank in course/Men: 149 (of 500)

Best time in course: 31:03

Rank in category: 37(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	8:51	4:25	37	2:48	148	2:48	2.00	8:51	4:25	8			191	0:21
Runde	2.00	8:35	4:17	29	2:21	105	2:29	4.00	17:26	4:21	9			47	5:08
Runde	2.00	9:00	4:30	34	2:46	142	2:46	6.00	26:26	4:24	9			277	7:54
Runde	2.00	9:14	4:36	41	2:58	159	2:58	8.00	35:40	4:27	9			277	10:52
Leichtathletikhalle	2.00	9:32	4:46	57	3:21	240	3:21	10.00	45:12	4:31	38	18:44		150	18:44