



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Winterfeld, Patrick

Club: LG Running Spatz

Number: 1479

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 46:53

Speed: 12.80 km/h

Running performance: 4:41 min/km

Rank in course/Total: 209 (of 618)

Rank in course/Men: 195 (of 500)

Best time in course: 31:03

Rank in category: 45(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 km	Total Time	Total min/km	Total ranking		Pos Cat.	Behind Cat.	Pos Men	Behind Men
						Pos Men	Behind Men				Pos Men	Behind Men				
Runde	2.00	8:29	4:14	27	2:26	97	2:26	2.00	8:29	4:14	7				5	
Runde	2.00	9:32	4:46	52	3:18	233	3:26	4.00	18:01	4:30	7				286	5:43
Runde	2.00	9:40	4:49	50	3:26	234	3:26	6.00	27:41	4:36	7				143	9:09
Runde	2.00	9:44	4:51	52	3:28	233	3:28	8.00	37:25	4:40	7				152	12:37
Leichtathletikhalle	2.00	9:28	4:44	54	3:17	229	3:17	10.00	46:53	4:41	46	20:25			196	20:25