



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Pfeuffer, Jörg

Club: USV Erfurt

Number: 1391

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 45:38

Speed: 13.15 km/h

Running performance: 4:34 min/km

Rank in course/Total: 173 (of 618)

Rank in course/Men: 161 (of 500)

Best time in course: 31:03

Rank in category: 40(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	8:48	4:24	35	2:45	144	2:45	2.00	8:48	4:24	4			58	0:18
Runde	2.00	8:57	4:28	40	2:43	157	2:51	4.00	17:45	4:26	4			319	5:27
Runde	2.00	9:12	4:35	45	2:58	174	2:58	6.00	26:57	4:29	4			316	8:25
Runde	2.00	9:25	4:42	46	3:09	181	3:09	8.00	36:22	4:32	4			150	11:34
Leichtathletikhalle	2.00	9:16	4:38	51	3:05	202	3:05	10.00	45:38	4:33	41	19:10		162	19:10