



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ludwig, Marcus

Club: Weimar

Number: 1737

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 49:31

Speed: 12.12 km/h

Running performance: 4:57 min/km

Rank in course/Total: 298 (of 618)

Rank in course/Men: 270 (of 500)

Best time in course: 31:03

Rank in category: 59(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	11:01	5:30	69	4:58	398	4:58	2.00	11:01	5:30	3	1:13	160	2:31
Runde	2.00	9:56	4:58	62	3:42	303	3:50	4.00	20:57	5:14	3	2:24	201	8:39
Runde	2.00	9:43	4:51	55	3:29	242	3:29	6.00	30:40	5:06	3	1:50	304	12:08
Runde	2.00	9:42	4:50	51	3:26	227	3:26	8.00	40:22	5:02	3	1:38	333	15:34
Leichtathletikhalle	2.00	9:09	4:34	46	2:58	186	2:58	10.00	49:31	4:57	60	23:03	271	23:03