



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

In der Au, Marius

Club: SWE-Laufteam

Number: 1194

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 53:50

Speed: 11.15 km/h

Running performance: 5:23 min/km

Rank in course/Total: 444 (of 618)

Rank in course/Men: 391 (of 500)

Best time in course: 31:03

Rank in category: 72(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	12:08	6:03	80	6:05	479	6:05	2.00	12:08	6:03	2	2:20	244	3:38
Runde	2.00	10:43	5:21	72	4:29	410	4:37	4.00	22:51	5:42	2	4:18	338	10:33
Runde	2.00	10:21	5:10	65	4:07	339	4:07	6.00	33:12	5:32	2	4:22	335	14:40
Runde	2.00	10:11	5:05	60	3:55	294	3:55	8.00	43:23	5:25	2	4:39	335	18:35
Leichtathletikhalle	2.00	10:27	5:13	70	4:16	357	4:16	10.00	53:50	5:23	73	27:22	392	27:22