



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Beckmann, David

Club: Bremen
Number: 1494

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:
Männer (20-29 Jahre)

Total time: 46:59

Speed: 12.77 km/h
Running performance: 4:42 min/km

Rank in course/Total: 214 (of 618)

Rank in course/Men: 200 (of 500)

Best time in course: 31:03

Rank in category: 46(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:25	4:42	47	3:22	204	3:22	2.00	9:25	4:42	38		60	0:55
Runde	2.00	8:52	4:26	34	2:38	147	2:46	4.00	18:17	4:34	41		204	5:59
Runde	2.00	9:14	4:36	47	3:00	180	3:00	6.00	27:31	4:35	41		349	8:59
Runde	2.00	9:44	4:51	52	3:28	233	3:28	8.00	37:15	4:39	41		349	12:27
Leichtathletikhalle	2.00	9:44	4:51	61	3:33	268	3:33	10.00	46:59	4:41	47	20:31	201	20:31