



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Mönnich, Tilo

Club: Erfurt

Number: 1213

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 53:32

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 434 (of 618)

Rank in course/Men: 382 (of 500)

Best time in course: 31:03

Rank in category: 70(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	11:19	5:39	72	5:16	423	5:16	2.00	11:19	5:39	36	1:31	127	2:49
Runde	2.00	10:34	5:16	70	4:20	392	4:28	4.00	21:53	5:28	37	3:20	369	9:35
Runde	2.00	10:43	5:21	69	4:29	379	4:29	6.00	32:36	5:26	39	3:46	366	14:04
Runde	2.00	10:39	5:19	68	4:23	357	4:23	8.00	43:15	5:24	39	4:31	366	18:27
Leichtathletikhalle	2.00	10:17	5:08	68	4:06	338	4:06	10.00	53:32	5:21	71	27:04	383	27:04