



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Maternowski, Christian

Club: N3 Sportverein

Number: 1339

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 53:05

Speed: 11.30 km/h

Running performance: 5:19 min/km

Rank in course/Total: 414 (of 618)

Rank in course/Men: 369 (of 500)

Best time in course: 31:03

Rank in category: 68(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	11:31	5:45	75	5:28	439	5:28	2.00	11:31	5:45	35	1:43	271	3:01
Runde	2.00	10:41	5:20	71	4:27	406	4:35	4.00	22:12	5:32	38	3:39	365	9:54
Runde	2.00	10:36	5:17	67	4:22	369	4:22	6.00	32:48	5:27	38	3:58	380	14:16
Runde	2.00	10:39	5:19	68	4:23	357	4:23	8.00	43:27	5:25	38	4:43	362	18:39
Leichtathletikhalle	2.00	9:38	4:48	59	3:27	251	3:27	10.00	53:05	5:18	69	26:37	370	26:37