



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Elstner, Marcus

Club: ThSV DT Bad Langensalza

Number: 1118

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 56:43

Speed: 10.58 km/h

Running performance: 5:40 min/km

Rank in course/Total: 509 (of 618)

Rank in course/Men: 436 (of 500)

Best time in course: 31:03

Rank in category: 77(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	11:51	5:55	79	5:48	461	5:48	2.00	11:51	5:55	32	2:03	115	3:21
Runde	2.00	10:59	5:29	76	4:45	429	4:53	4.00	22:50	5:42	35	4:17	344	10:32
Runde	2.00	11:10	5:34	76	4:56	425	4:56	6.00	34:00	5:40	35	5:10	341	15:28
Runde	2.00	11:24	5:42	74	5:08	427	5:08	8.00	45:24	5:40	35	6:40	341	20:36
Leichtathletikhalle	2.00	11:19	5:39	74	5:08	430	5:08	10.00	56:43	5:40	78	30:15	437	30:15