



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Mucke, Alexander

Club: Erfurt
Number: 1891

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:
Männer (20-29 Jahre)

Total time: 44:38

Speed: 13.44 km/h
Running performance: 4:28 min/km

Rank in course/Total: 145 (of 618)

Rank in course/Men: 137 (of 500)

Best time in course: 31:03

Rank in category: 33(of 82)

Best time in the category: 31:03

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Stage score				Total ranking						
				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	9:23	4:41	45	3:20	198	3:20	2.00	9:23	4:41	82		499	0:53
Runde	2.00	8:53	4:26	35	2:39	148	2:47	4.00	18:16	4:33	22		271	5:58
Runde	2.00	8:54	4:27	32	2:40	120	2:40	6.00	27:10	4:31	22		443	8:38
Runde	2.00	8:45	4:22	25	2:29	89	2:29	8.00	35:55	4:29	22		438	11:07
Leichtathletikhalle	2.00	8:43	4:21	31	2:32	120	2:32	10.00	44:38	4:27	34	18:10	138	18:10