



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Grentzebach, Tim

Club: Erfurt
Number: 1403

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:
männliche Jugend U20 (18-19 Jahre)

Total time: 53:36

Speed: 11.19 km/h
Running performance: 5:22 min/km

Rank in course/Total: 437 (of 618)

Rank in course/Men: 384 (of 500)

Best time in course: 31:03

Rank in category: 13(of 22)

Best time in the category: 32:52

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	10:54	5:27	17	4:38	390	4:51	2.00	10:54	5:27	3		357	2:24
Runde	2.00	10:11	5:05	15	3:36	347	4:05	4.00	21:05	5:16	3		462	8:47
Runde	2.00	10:25	5:12	12	3:44	349	4:11	6.00	31:30	5:15	3		350	12:58
Runde	2.00	11:04	5:31	14	4:21	403	4:48	8.00	42:34	5:19	3		459	17:46
Leichtathletikhalle	2.00	11:02	5:30	17	4:25	413	4:51	10.00	53:36	5:21	13	20:44	385	27:08