



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Geßner, Konrad

Club: RSC Turbine Erfurt

Number: 1472

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 48:58

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 275 (of 618)

Rank in course/Men: 254 (of 500)

Best time in course: 31:03

Rank in category: 11(of 22)

Best time in the category: 32:52

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	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	10:31	5:15	14	4:15	335	4:28	2.00	10:31	5:15	2		276	2:01
Runde	2.00	10:10	5:04	14	3:35	345	4:04	4.00	20:41	5:10	2		311	8:23
Runde	2.00	10:14	5:06	11	3:33	320	4:00	6.00	30:55	5:09	2		461	12:23
Runde	2.00	9:41	4:50	10	2:58	224	3:25	8.00	40:36	5:04	2		461	15:48
Leichtathletikhalle	2.00	8:22	4:11	4	1:45	79	2:11	10.00	48:58	4:53	11	16:06	255	22:30