



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Blasse, Sebastian

Club: Schiedsrichter KFA EF-SÖM

Number: 1278

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 48:48

Speed: 12.30 km/h

Running performance: 4:53 min/km

Rank in course/Total: 272 (of 618)

Rank in course/Men: 251 (of 500)

Best time in course: 31:03

Rank in category: 55(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	9:06	4:32	43	3:03	171	3:03	2.00	9:06	4:32	80		472	0:36
Runde	2.00	9:22	4:41	45	3:08	209	3:16	4.00	18:28	4:36	28		182	6:10
Runde	2.00	10:11	5:05	60	3:57	310	3:57	6.00	28:39	4:46	28		469	10:07
Runde	2.00	10:14	5:06	62	3:58	302	3:58	8.00	38:53	4:51	28	0:09	334	14:05
Leichtathletikhalle	2.00	9:55	4:57	63	3:44	290	3:44	10.00	48:48	4:52	56	22:20	252	22:20