



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Merschel, Dirk

Club: FSV 06Ohratal

Number: 1115

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 44:19

Speed: 13.54 km/h

Running performance: 4:26 min/km

Rank in course/Total: 136 (of 618)

Rank in course/Men: 127 (of 500)

Best time in course: 31:03

Rank in category: 32(of 82)

Best time in the category: 31:03

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	8:51	4:25	37	2:48	148	2:48	2.00	8:51	4:25	8		191	0:21
Runde	2.00	8:50	4:25	33	2:36	141	2:44	4.00	17:41	4:25	27		171	5:23
Runde	2.00	9:02	4:30	37	2:48	150	2:48	6.00	26:43	4:27	27		477	8:11
Runde	2.00	9:04	4:31	35	2:48	131	2:48	8.00	35:47	4:28	27		477	10:59
Leichtathletikhalle	2.00	8:32	4:15	27	2:21	95	2:21	10.00	44:19	4:25	33	17:51	128	17:51