



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

Urumpe, Jens

Club: Erfurt  
Number: 400

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen  
Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 23:54

Speed: 10.04 km/h

Running performance: 5:59 min/km

Rank in course/Total: 283 (of 389)

Rank in course/Men: 213 (of 249)

Best time in course: 11:54

Rank in category: 25(of 32)

Best time in the category: 13:15

### Intermediate times

### Stage score

### Total ranking

| Control           | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|-------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                   |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde             | 2.00        | 12:05         | 6:02            | 24          | 5:30           | 209         | 6:06          | 2.00          | 12:05         | 6:02            | 18          | 1:29           | 135        | 6:05          |
| Leichtathletikhäl | 2.00        | 11:49         | 5:54            | 28          | 5:09           | 214         | 5:55          | 4.00          | 23:54         | 5:58            | 25          | 10:39          | 213        | 12:00         |