



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Lutkemeier, Sven

Club: LTV Erfurt

Number: 1734

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 40:36

Speed: 14.78 km/h

Running performance: 4:04 min/km

Rank in course/Total: 52 (of 618)

Rank in course/Men: 47 (of 500)

Best time in course: 31:03

Rank in category: 12(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	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	7:39	3:49	10	0:54	43	1:36	2.00	7:39	3:49	9		35	
Runde	2.00	8:01	4:00	11	1:06	47	1:55	4.00	15:40	3:54	17		68	3:22
Runde	2.00	8:16	4:08	12	1:11	55	2:02	6.00	23:56	3:59	17		66	5:24
Runde	2.00	8:31	4:15	14	1:24	67	2:15	8.00	32:27	4:03	17		66	7:39
Leichtathletikhalle	2.00	8:09	4:04	14	1:21	52	1:58	10.00	40:36	4:03	12	5:55	48	14:08