



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Große, Rene

Club: SV Glückauf Sondershausen

Number: 1125

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 35:15

Speed: 17.02 km/h

Running performance: 3:31 min/km

Rank in course/Total: 11 (of 618)

Rank in course/Men: 11 (of 500)

Best time in course: 31:03

Rank in category: 2(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. | 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 | 6:52 | 3:25 | 2 | 0:07 | 13 | 0:49 | 2.00 | 6:52 | 3:25 | 10 | | | 43 | |
| Runde | 2.00 | 7:02 | 3:30 | 2 | 0:07 | 12 | 0:56 | 4.00 | 13:54 | 3:28 | 18 | | | 58 | 1:36 |
| Runde | 2.00 | 7:07 | 3:33 | 2 | 0:02 | 10 | 0:53 | 6.00 | 21:01 | 3:30 | 18 | | | 79 | 2:29 |
| Runde | 2.00 | 7:07 | 3:33 | 1 | - | 10 | 0:51 | 8.00 | 28:08 | 3:30 | 18 | | | 79 | 3:20 |
| Leichtathletikhalle | 2.00 | 7:07 | 3:33 | 2 | 0:19 | 12 | 0:56 | 10.00 | 35:15 | 3:31 | 2 | 0:34 | | 12 | 8:47 |