



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Weise, Daniel

Club: Erfurt
Number: 1114

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 41:19

Speed: 14.52 km/h

Running performance: 4:08 min/km

Rank in course/Total: 64 (of 618)

Rank in course/Men: 59 (of 500)

Best time in course: 31:03

Rank in category: 13(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	8:12	4:05	19	1:27	76	2:09	2.00	8:12	4:05	92			437	
Runde	2.00	8:09	4:04	13	1:14	57	2:03	4.00	16:21	4:05	20			87	4:03
Runde	2.00	8:14	4:06	11	1:09	49	2:00	6.00	24:35	4:05	20			85	6:03
Runde	2.00	8:23	4:11	12	1:16	55	2:07	8.00	32:58	4:07	20			85	8:10
Leichtathletikhalle	2.00	8:21	4:10	19	1:33	75	2:10	10.00	41:19	4:07	13	6:38		60	14:51