



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Holz, Torsten

Club: Erfurt

Number: 1321

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:34

Speed: 12.61 km/h

Running performance: 4:46 min/km

Rank in course/Total: 232 (of 618)

Rank in course/Men: 217 (of 500)

Best time in course: 31:03

Rank in category: 52(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	10:46	5:23	74	4:01	373	4:43	2.00	10:46	5:23	14	2:18	63	2:16
Runde	2.00	9:48	4:54	62	2:53	276	3:42	4.00	20:34	5:08	25	3:25	112	8:16
Runde	2.00	9:13	4:36	43	2:08	176	2:59	6.00	29:47	4:57	25	3:55	99	11:15
Runde	2.00	9:09	4:34	35	2:02	143	2:53	8.00	38:56	4:51	25	4:17	98	14:08
Leichtathletikhalle	2.00	8:38	4:18	27	1:50	110	2:27	10.00	47:34	4:45	52	12:53	218	21:06