



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Tümmler, Michael

Club: LVR Geiselhöring

Number: 1136

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 34:41

Speed: 17.30 km/h

Running performance: 3:28 min/km

Rank in course/Total: 9 (of 618)

Rank in course/Men: 9 (of 500)

Best time in course: 31:03

Rank in category: 1(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	6:45	3:22	1	-	11	0:42	2.00	6:45	3:22	16	-	70	-	
Runde	2.00	6:55	3:27	1	-	10	0:49	4.00	13:40	3:24	27	-	122	1:22	
Runde	2.00	7:05	3:32	1	-	9	0:51	6.00	20:45	3:27	27	-	119	2:13	
Runde	2.00	7:08	3:34	2	0:01	11	0:52	8.00	27:53	3:29	27	-	119	3:05	
Leichtathletikhalle	2.00	6:48	3:23	1	-	6	0:37	10.00	34:41	3:28	1	-	10	8:13	