



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Roever, Enrico

Club: ULTRARUNNER-TEAM.de

Number: 1449

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:52

Speed: 13.08 km/h

Running performance: 4:35 min/km

Rank in course/Total: 178 (of 618)

Rank in course/Men: 166 (of 500)

Best time in course: 31:03

Rank in category: 41(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
	km	Time				Pos Men	Behind Men							
Runde	2.00	9:19	4:39	43	2:34	191	3:16	2.00	9:19	4:39	105	0:51	492	0:49
Runde	2.00	9:01	4:30	40	2:06	165	2:55	4.00	18:20	4:34	34	1:11	159	6:02
Runde	2.00	9:05	4:32	38	2:00	155	2:51	6.00	27:25	4:34	34	1:33	156	8:53
Runde	2.00	9:19	4:39	41	2:12	169	3:03	8.00	36:44	4:35	34	2:05	156	11:56
Leichtathletikhalle	2.00	9:08	4:33	42	2:20	180	2:57	10.00	45:52	4:35	41	11:11	167	19:24