



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Roberts, Andrew

Club: Behringen

Number: 1513

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:01

Speed: 12.76 km/h

Running performance: 4:42 min/km

Rank in course/Total: 215 (of 618)

Rank in course/Men: 201 (of 500)

Best time in course: 31:03

Rank in category: 49(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	10:09	5:04	58	3:24	293	4:06	2.00	10:09	5:04	19	1:41	93	1:39
Runde	2.00	9:26	4:43	52	2:31	223	3:20	4.00	19:35	4:53	35	2:26	160	7:17
Runde	2.00	9:19	4:39	46	2:14	188	3:05	6.00	28:54	4:48	35	3:02	97	10:22
Runde	2.00	9:15	4:37	39	2:08	162	2:59	8.00	38:09	4:46	35	3:30	157	13:21
Leichtathletikhalle	2.00	8:52	4:26	34	2:04	144	2:41	10.00	47:01	4:42	49	12:20	202	20:33