



## 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

### Detailed evaluation

Schönekäs, Pierre

Club: Splash Schwimmschule

Number: 1557

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:23

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 190 (of 618)

Rank in course/Men: 178 (of 500)

Best time in course: 31:03

Rank in category: 42(of 107)

Best time in the category: 34:41

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|---------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde               | 2.00        | 9:08          | 4:33            | 38          | 2:23           | 174        | 3:05          | 2.00        | 9:08          | 4:33            | 100         | 0:40           | 475        | 0:38          |
| Runde               | 2.00        | 9:11          | 4:35            | 46          | 2:16           | 185        | 3:05          | 4.00        | 18:19         | 4:34            | 36          | 1:10           | 96         | 6:01          |
| Runde               | 2.00        | 9:21          | 4:40            | 48          | 2:16           | 193        | 3:07          | 6.00        | 27:40         | 4:36            | 36          | 1:48           | 159        | 9:08          |
| Runde               | 2.00        | 9:29          | 4:44            | 47          | 2:22           | 199        | 3:13          | 8.00        | 37:09         | 4:38            | 36          | 2:30           | 159        | 12:21         |
| Leichtathletikhalle | 2.00        | 9:14          | 4:36            | 47          | 2:26           | 199        | 3:03          | 10.00       | 46:23         | 4:38            | 42          | 11:42          | 179        | 19:55         |