



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Philipp, Borris**

Club: Berlin Tandempiloten  
Number: 1489

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:43

Speed: 12.84 km/h

Running performance: 4:40 min/km

Rank in course/Total: 205 (of 618)

Rank in course/Men: 190 (of 500)

Best time in course: 31:03

Rank in category: 45(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:35	5:17	70	3:50	347	4:32	2.00	10:35	5:17	22	2:07	106	2:05
Runde	2.00	9:14	4:36	47	2:19	193	3:08	4.00	19:49	4:57	39	2:40	178	7:31
Runde	2.00	8:59	4:29	34	1:54	136	2:45	6.00	28:48	4:47	39	2:56	88	10:16
Runde	2.00	9:14	4:36	38	2:07	159	2:58	8.00	38:02	4:45	39	3:23	175	13:14
Leichtathletikhalle	2.00	8:41	4:20	29	1:53	115	2:30	10.00	46:43	4:40	45	12:02	191	20:15