



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Leitgeb, Torsten

Club: Erfurt
Number: 1150

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:35

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 466 (of 618)

Rank in course/Men: 406 (of 500)

Best time in course: 31:03

Rank in category: 84 (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	12:30	6:15	105	5:45	489	6:27	2.00	12:30	6:15	25	4:02	124	4:00
Runde	2.00	11:20	5:40	93	4:25	451	5:14	4.00	23:50	5:57	42	6:41	199	11:32
Runde	2.00	10:25	5:12	74	3:20	349	4:11	6.00	34:15	5:42	42	8:23	196	15:43
Runde	2.00	10:09	5:04	64	3:02	290	3:53	8.00	44:24	5:32	42	9:45	196	19:36
Leichtathletikhalle	2.00	10:11	5:05	73	3:23	324	4:00	10.00	54:35	5:27	84	19:54	407	28:07