



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Bösel, Florian

Club: Erfurt

Number: 1310

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:57

Speed: 12.01 km/h

Running performance: 5:00 min/km

Rank in course/Total: 312 (of 618)

Rank in course/Men: 284 (of 500)

Best time in course: 31:03

Rank in category: 63(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	10:12	5:05	59	3:27	299	4:09	2.00	10:12	5:05	26	1:44	128	1:42
Runde	2.00	10:07	5:03	71	3:12	334	4:01	4.00	20:19	5:04	43	3:10	203	8:01
Runde	2.00	10:07	5:03	64	3:02	293	3:53	6.00	30:26	5:04	43	4:34	200	11:54
Runde	2.00	10:01	5:00	62	2:54	269	3:45	8.00	40:27	5:03	43	5:48	200	15:39
Leichtathletikhalle	2.00	9:30	4:45	56	2:42	237	3:19	10.00	49:57	4:59	63	15:16	285	23:29