



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Fabig, Robert

Club: FSV Martinroda

Number: 1233

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 51:45

Speed: 11.59 km/h

Running performance: 5:11 min/km

Rank in course/Total: 379 (of 618)

Rank in course/Men: 339 (of 500)

Best time in course: 31:03

Rank in category: 71(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	10:28	5:14	66	3:43	325	4:25	2.00	10:28	5:14	30	2:00	132	1:58
Runde	2.00	9:57	4:58	66	3:02	307	3:51	4.00	20:25	5:06	48	3:16	210	8:07
Runde	2.00	10:11	5:05	67	3:06	310	3:57	6.00	30:36	5:06	48	4:44	228	12:04
Runde	2.00	10:32	5:15	75	3:25	344	4:16	8.00	41:08	5:08	48	6:29	228	16:20
Leichtathletikhalle	2.00	10:37	5:18	80	3:49	372	4:26	10.00	51:45	5:10	71	17:04	340	25:17