



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wiederhold, Martin

Club: Jena

Number: 1741

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 53:28

Speed: 11.22 km/h

Running performance: 5:21 min/km

Rank in course/Total: 430 (of 618)

Rank in course/Men: 379 (of 500)

Best time in course: 31:03

Rank in category: 78(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	11:39	5:49	94	4:54	445	5:36	2.00	11:39	5:49	33	3:11	161	3:09
Runde	2.00	10:46	5:23	86	3:51	416	4:40	4.00	22:25	5:36	50	5:16	240	10:07
Runde	2.00	10:31	5:15	76	3:26	363	4:17	6.00	32:56	5:29	50	7:04	237	14:24
Runde	2.00	10:32	5:15	75	3:25	344	4:16	8.00	43:28	5:26	50	8:49	237	18:40
Leichtathletikhah	2.00	10:00	5:00	68	3:12	303	3:49	10.00	53:28	5:20	78	18:47	380	27:00