



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schwarz, Thomas

Club: FPL-Team Schmeheim und Freunde

Number: 1676

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:03

Speed: 10.70 km/h

Running performance: 5:36 min/km

Rank in course/Total: 498 (of 618)

Rank in course/Men: 428 (of 500)

Best time in course: 31:03

Rank in category: 87(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	11:37	5:48	93	4:52	443	5:34	2.00	11:37	5:48	35	3:09	173	3:07
Runde	2.00	10:53	5:26	87	3:58	422	4:47	4.00	22:30	5:37	52	5:21	253	10:12
Runde	2.00	10:54	5:27	86	3:49	399	4:40	6.00	33:24	5:33	52	7:32	250	14:52
Runde	2.00	11:14	5:36	86	4:07	415	4:58	8.00	44:38	5:34	52	9:59	250	19:50
Leichtathletikhalle	2.00	11:25	5:42	89	4:37	440	5:14	10.00	56:03	5:36	87	21:22	429	29:35