



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schneider, Dominik

Club: Spilles Fanclub

Number: 1727

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 53:39

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 438 (of 618)

Rank in course/Men: 386 (of 500)

Best time in course: 31:03

Rank in category: 80(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	10:19	5:09	62	3:34	308	4:16	2.00	10:19	5:09	36	1:51	85	1:49
Runde	2.00	10:29	5:14	81	3:34	389	4:23	4.00	20:48	5:12	53	3:39	244	8:30
Runde	2.00	10:57	5:28	87	3:52	405	4:43	6.00	31:45	5:17	53	5:53	254	13:13
Runde	2.00	11:14	5:36	86	4:07	415	4:58	8.00	42:59	5:22	53	8:20	254	18:11
Leichtathletikhalle	2.00	10:40	5:19	81	3:52	377	4:29	10.00	53:39	5:21	80	18:58	387	27:11