



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Helbing, Frank

Club: GM Rennsteiglaufverein

Number: 1001

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:55

Speed: 12.79 km/h

Running performance: 4:41 min/km

Rank in course/Total: 210 (of 618)

Rank in course/Men: 196 (of 500)

Best time in course: 31:03

Rank in category: 48(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	9:21	4:40	44	2:36	196	3:18	2.00	9:21	4:40	106	0:53	497	0:51
Runde	2.00	9:10	4:34	44	2:15	182	3:04	4.00	18:31	4:37	56	1:22	249	6:13
Runde	2.00	9:19	4:39	46	2:14	188	3:05	6.00	27:50	4:38	56	1:58	262	9:18
Runde	2.00	9:30	4:45	48	2:23	200	3:14	8.00	37:20	4:40	56	2:41	262	12:32
Leichtathletikhalle	2.00	9:35	4:47	59	2:47	246	3:24	10.00	46:55	4:41	48	12:14	197	20:27