



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Dembeck, Nils

Club: Bad Langensalza

Number: 1026

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:33

Speed: 13.17 km/h

Running performance: 4:34 min/km

Rank in course/Total: 169 (of 618)

Rank in course/Men: 157 (of 500)

Best time in course: 31:03

Rank in category: 39(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	9:16	4:38	41	2:31	187	3:13	2.00	9:16	4:38	103	0:48	488	0:46
Runde	2.00	9:00	4:30	39	2:05	162	2:54	4.00	18:16	4:33	57	1:07	271	5:58
Runde	2.00	9:05	4:32	38	2:00	155	2:51	6.00	27:21	4:33	57	1:29	268	8:49
Runde	2.00	9:04	4:31	31	1:57	131	2:48	8.00	36:25	4:33	57	1:46	268	11:37
Leichtathletikhalle	2.00	9:08	4:33	42	2:20	180	2:57	10.00	45:33	4:33	39	10:52	158	19:05