



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rätsch, Sebastian

Club: Erfurt
Number: 1093

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 58:13

Speed: 10.31 km/h

Running performance: 5:49 min/km

Rank in course/Total: 542 (of 618)

Rank in course/Men: 458 (of 500)

Best time in course: 31:03

Rank in category: 94 (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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	12:14	6:06	101	5:29	480	6:11	2.00	12:14	6:06	39	3:46	194	3:44			
Runde	2.00	11:25	5:42	96	4:30	459	5:19	4.00	23:39	5:54	59	6:30	283	11:21			
Runde	2.00	11:26	5:43	94	4:21	449	5:12	6.00	35:05	5:50	59	9:13	280	16:33			
Runde	2.00	11:47	5:53	90	4:40	446	5:31	8.00	46:52	5:51	59	12:13	280	22:04			
Leichtathletikhalle	2.00	11:21	5:40	88	4:33	435	5:10	10.00	58:13	5:49	94	23:32	459	31:45			