



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kahl, Nico

Club: Neustadt/Rennsteig

Number: 1523

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 57:38

Speed: 10.41 km/h

Running performance: 5:46 min/km

Rank in course/Total: 532 (of 618)

Rank in course/Men: 452 (of 500)

Best time in course: 31:03

Rank in category: 93(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	km			Time	min/km
Runde	2.00	11:18	5:39	89	4:33	422	5:15	2.00	11:18	5:39	41	2:50	199	2:48
Runde	2.00	11:08	5:33	90	4:13	439	5:02	4.00	22:26	5:36	61	5:17	289	10:08
Runde	2.00	11:22	5:41	92	4:17	444	5:08	6.00	33:48	5:37	61	7:56	286	15:16
Runde	2.00	11:47	5:53	90	4:40	446	5:31	8.00	45:35	5:41	61	10:56	286	20:47
Leichtathletikhalle	2.00	12:03	6:01	97	5:15	470	5:52	10.00	57:38	5:45	93	22:57	453	31:10