



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sackmann, Daniel

Club: Erfurt
Number: 1022

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 57:35

Speed: 10.42 km/h

Running performance: 5:46 min/km

Rank in course/Total: 529 (of 618)

Rank in course/Men: 450 (of 500)

Best time in course: 31:03

Rank in category: 92(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	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	11:26	5:43	97	4:31	460	5:20	4.00	23:40	5:55	64	6:31	304	11:22
Runde	2.00	11:25	5:42	93	4:20	447	5:11	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	10:43	5:21	82	3:55	381	4:32	10.00	57:35	5:45	92	22:54	451	31:07