



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Scheel, Olaf

Club: Eisenacher Leichtathletik Verein

Number: 1892

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 57:27

Speed: 10.44 km/h

Running performance: 5:44 min/km

Rank in course/Total: 526 (of 618)

Rank in course/Men: 446 (of 500)

Best time in course: 31:03

Rank in category: 91(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	11:04	5:31	81	4:19	401	5:01	2.00	11:04	5:31	45	2:36	213	2:34
Runde	2.00	11:31	5:45	98	4:36	464	5:25	4.00	22:35	5:38	65	5:26	305	10:17
Runde	2.00	11:14	5:36	90	4:09	434	5:00	6.00	33:49	5:38	65	7:57	293	15:17
Runde	2.00	11:49	5:54	93	4:42	451	5:33	8.00	45:38	5:42	65	10:59	302	20:50
Leichtathletikhalle	2.00	11:49	5:54	94	5:01	461	5:38	10.00	57:27	5:44	91	22:46	447	30:59