



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ende, Christian

Club: LG Bad Frankenhausen/Göllingen

Number: 1225

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:26

Speed: 13.21 km/h

Running performance: 4:32 min/km

Rank in course/Total: 164 (of 618)

Rank in course/Men: 153 (of 500)

Best time in course: 31:03

Rank in category: 38(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:46	4:23	32	2:01	141	2:43	2.00	8:46	4:23	47	0:18	34	0:16
Runde	2.00	9:22	4:41	51	2:27	209	3:16	4.00	18:08	4:31	67	0:59	179	5:50
Runde	2.00	8:54	4:27	30	1:49	120	2:40	6.00	27:02	4:30	67	1:10	310	8:30
Runde	2.00	9:16	4:38	40	2:09	164	3:00	8.00	36:18	4:32	67	1:39	310	11:30
Leichtathletikhalle	2.00	9:08	4:33	42	2:20	180	2:57	10.00	45:26	4:32	38	10:45	154	18:58