



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Herzer, Heiko

Club: LSV Lok Arnstadt

Number: 1407

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 58:57

Speed: 10.18 km/h

Running performance: 5:54 min/km

Rank in course/Total: 554 (of 618)

Rank in course/Men: 465 (of 500)

Best time in course: 31:03

Rank in category: 96 (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	12:06	6:02	100	5:21	478	6:03	2.00	12:06	6:02	50	3:38	249	3:36
Runde	2.00	11:22	5:41	94	4:27	452	5:16	4.00	23:28	5:51	70	6:19	332	11:10
Runde	2.00	11:21	5:40	91	4:16	441	5:07	6.00	34:49	5:48	70	8:57	340	16:17
Runde	2.00	12:04	6:01	96	4:57	461	5:48	8.00	46:53	5:51	70	12:14	340	22:05
Leichtathletikhalle	2.00	12:04	6:01	98	5:16	471	5:53	10.00	58:57	5:53	96	24:16	466	32:29