



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Leefers, Sören

Club: Kodokan Erfurt

Number: 1245

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 59:13

Speed: 10.13 km/h

Running performance: 5:55 min/km

Rank in course/Total: 559 (of 618)

Rank in course/Men: 469 (of 500)

Best time in course: 31:03

Rank in category: 98(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	11:12	5:35	85	4:27	416	5:09	2.00	11:12	5:35	52	2:44	257	2:42
Runde	2.00	11:55	5:57	103	5:00	481	5:49	4.00	23:07	5:46	72	5:58	351	10:49
Runde	2.00	11:55	5:57	99	4:50	471	5:41	6.00	35:02	5:50	72	9:10	348	16:30
Runde	2.00	12:18	6:09	99	5:11	476	6:02	8.00	47:20	5:55	72	12:41	348	22:32
Leichtathletikhalle	2.00	11:53	5:56	95	5:05	466	5:42	10.00	59:13	5:55	98	24:32	470	32:45