



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Baumgärtel, Marco

Club: Tüttleben

Number: 1048

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 58:58

Speed: 10.18 km/h

Running performance: 5:54 min/km

Rank in course/Total: 556 (of 618)

Rank in course/Men: 466 (of 500)

Best time in course: 31:03

Rank in category: 97(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	11:42	5:50	95	4:57	449	5:39	2.00	11:42	5:50	53	3:14	263	3:12
Runde	2.00	11:15	5:37	91	4:20	449	5:09	4.00	22:57	5:44	73	5:48	357	10:39
Runde	2.00	11:49	5:54	97	4:44	466	5:35	6.00	34:46	5:47	73	8:54	354	16:14
Runde	2.00	12:16	6:08	98	5:09	473	6:00	8.00	47:02	5:52	73	12:23	354	22:14
Leichtathletikhalle	2.00	11:56	5:58	96	5:08	468	5:45	10.00	58:58	5:53	97	24:17	467	32:30