



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schröder, Carsten

Club: Erfurt
Number: 1570

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:30

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 505 (of 618)

Rank in course/Men: 433 (of 500)

Best time in course: 31:03

Rank in category: 89(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	km			Time	min/km
Runde	2.00	11:15	5:37	87	4:30	418	5:12	2.00	11:15	5:37	43	2:47	112	2:45
Runde	2.00	11:22	5:41	94	4:27	452	5:16	4.00	22:37	5:39	78	5:28	380	10:19
Runde	2.00	12:19	6:09	103	5:14	481	6:05	6.00	34:56	5:49	78	9:04	377	16:24
Runde	2.00	12:30	6:15	100	5:23	479	6:14	8.00	47:26	5:55	78	12:47	377	22:38
Leichtathletikhalle	2.00	9:04	4:31	38	2:16	167	2:53	10.00	56:30	5:39	89	21:49	434	30:02