



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Spannaus, Carsten

Club: Sparkasse Mittelthüringen

Number: 1251

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:06:27

Speed: 9.03 km/h

Running performance: 6:38 min/km

Rank in course/Total: 601 (of 618)

Rank in course/Men: 491 (of 500)

Best time in course: 31:03

Rank in category: 105(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	12:44	6:21	106	5:59	493	6:41	2.00	12:44	6:21	72	4:16	333	4:14
Runde	2.00	13:05	6:32	106	6:10	496	6:59	4.00	25:49	6:27	95	8:40	433	13:31
Runde	2.00	13:18	6:39	107	6:13	494	7:04	6.00	39:07	6:31	94	13:15	428	20:35
Runde	2.00	13:53	6:56	106	6:46	494	7:37	8.00	53:00	6:37	94	18:21	428	28:12
Leichtathletikhalle	2.00	13:27	6:43	105	6:39	491	7:16	10.00	1:06:27	6:38	105	31:46	492	39:59