



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heinrich, Andreas

Club: Elxleben

Number: 1177

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:02:12

Speed: 9.65 km/h

Running performance: 6:13 min/km

Rank in course/Total: 586 (of 618)

Rank in course/Men: 483 (of 500)

Best time in course: 31:03

Rank in category: 103(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 | 12:16 | 6:08 | 103 | 5:31 | 483 | 6:13 | 2.00 | 12:16 | 6:08 | 74 | 3:48 | 338 | 3:46 |
| Runde | 2.00 | 11:49 | 5:54 | 102 | 4:54 | 478 | 5:43 | 4.00 | 24:05 | 6:01 | 96 | 6:56 | 436 | 11:47 |
| Runde | 2.00 | 12:16 | 6:08 | 102 | 5:11 | 479 | 6:02 | 6.00 | 36:21 | 6:03 | 96 | 10:29 | 433 | 17:49 |
| Runde | 2.00 | 13:01 | 6:30 | 103 | 5:54 | 486 | 6:45 | 8.00 | 49:22 | 6:10 | 96 | 14:43 | 433 | 24:34 |
| Leichtathletikhalle | 2.00 | 12:50 | 6:25 | 102 | 6:02 | 484 | 6:39 | 10.00 | 1:02:12 | 6:13 | 103 | 27:31 | 484 | 35:44 |