



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Fritz, Thomas

Club: Erfurt

Number: 1890

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:26

Speed: 13.50 km/h

Running performance: 4:26 min/km

Rank in course/Total: 141 (of 618)

Rank in course/Men: 132 (of 500)

Best time in course: 31:03

Rank in category: 34(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	9:23	4:41	45	2:38	198	3:20	2.00	9:23	4:41	107	0:55	499	0:53
Runde	2.00	8:53	4:26	36	1:58	148	2:47	4.00	18:16	4:33	57	1:07	271	5:58
Runde	2.00	8:45	4:22	26	1:40	100	2:31	6.00	27:01	4:30	99	1:09	141	8:29
Runde	2.00	8:54	4:27	26	1:47	107	2:38	8.00	35:55	4:29	99	1:16	438	11:07
Leichtathletikhalle	2.00	8:31	4:15	23	1:43	92	2:20	10.00	44:26	4:26	34	9:45	133	17:58