



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Klier, Daniel

Club: Klettbach

Number: 1207

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:08

Speed: 12.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 281 (of 618)

Rank in course/Men: 260 (of 500)

Best time in course: 31:03

Rank in category: 58(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	10:50	5:25	76	4:05	384	4:47	2.00	10:50	5:25	76	2:22	298	2:20
Runde	2.00	9:53	4:56	65	2:58	291	3:47	4.00	20:43	5:10	101	3:34	326	8:25
Runde	2.00	9:33	4:46	52	2:28	221	3:19	6.00	30:16	5:02	101	4:24	465	11:44
Runde	2.00	9:35	4:47	52	2:28	210	3:19	8.00	39:51	4:58	101	5:12	465	15:03
Leichtathletikhalle	2.00	9:17	4:38	49	2:29	204	3:06	10.00	49:08	4:54	58	14:27	261	22:40