



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Link, Dietmar

Club: SV TU Ilmenau

Number: 1880

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:14

Speed: 12.44 km/h

Running performance: 4:49 min/km

Rank in course/Total: 251 (of 618)

Rank in course/Men: 234 (of 500)

Best time in course: 31:03

Rank in category: 56(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:54	4:57	55	3:09	272	3:51	2.00	9:54	4:57	80	1:26	168	1:24
Runde	2.00	9:34	4:46	56	2:39	237	3:28	4.00	19:28	4:51	105	2:19	486	7:10
Runde	2.00	9:33	4:46	52	2:28	221	3:19	6.00	29:01	4:50	91	3:09	229	10:29
Runde	2.00	9:42	4:50	55	2:35	227	3:26	8.00	38:43	4:50	105	4:04	88	13:55
Leichtathletikhalle	2.00	9:31	4:45	57	2:43	239	3:20	10.00	48:14	4:49	56	13:33	235	21:46