



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wetterau, Lars

Club: Eisenach

Number: 1875

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 51:09

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 346 (of 618)

Rank in course/Men: 313 (of 500)

Best time in course: 31:03

Rank in category: 67(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	10:40	5:19	72	3:55	357	4:37	2.00	10:40	5:19	81	2:12	280	2:10	
Runde	2.00	10:08	5:03	73	3:13	339	4:02	4.00	20:48	5:12	53	3:39	244	8:30	
Runde	2.00	10:11	5:05	67	3:06	310	3:57	6.00	30:59	5:09	106	5:07	202	12:27	
Runde	2.00	10:12	5:05	65	3:05	296	3:56	8.00	41:11	5:08	106	6:32	491	16:23	
Leichtathletikhalle	2.00	9:58	4:59	67	3:10	299	3:47	10.00	51:09	5:06	67	16:28	314	24:41	