



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Krull, Matthias

Club: VBC Spiez

Number: 341

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M30 (30-39 Jahre)

Total time: 20:35

Speed: 11.66 km/h

Running performance: 5:09 min/km

Rank in course/Total: 167 (of 389)

Rank in course/Men: 133 (of 249)

Best time in course: 11:54

Rank in category: 17(of 32)

Best time in the category: 13:15

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 | 10:36 | 5:17 | 16 | 4:01 | 144 | 4:37 | 2.00 | 10:36 | 5:17 | 1 | - | 138 | 4:36 |
| Leichtathletikhall | 2.00 | 9:59 | 4:59 | 17 | 3:19 | 115 | 4:05 | 4.00 | 20:35 | 5:08 | 17 | 7:20 | 133 | 8:41 |