



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Beyer, Nico

Club: Aristau

Number: 109

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungen

Category:

Senioren M30 (30-39 Jahre)

Total time: 26:41

Speed: 8.99 km/h

Running performance: 6:40 min/km

Rank in course/Total: 357 (of 389)

Rank in course/Men: 243 (of 249)

Best time in course: 11:54

Rank in category: 31(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 | 13:09 | 6:34 | 30 | 6:34 | 239 | 7:10 | 2.00 | 13:09 | 6:34 | 6 | 2:33 | 190 | 7:09 |
| Leichtathletikh | 2.00 | 13:32 | 6:46 | 31 | 6:52 | 241 | 7:38 | 4.00 | 26:41 | 6:40 | 31 | 13:26 | 243 | 14:47 |