



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 Mittelhungenlocher

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
Leichtathletikhalle	2.00	13:32	6:46	31	6:52	241	7:38	4.00	26:41	6:40	31	13:26	243	14:47