



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kirsch, Steffen

Club: Stotternheim

Number: 1689

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:02

Speed: 13.94 km/h

Running performance: 4:18 min/km

Rank in course/Total: 100 (of 618)

Rank in course/Men: 94 (of 500)

Best time in course: 31:03

Rank in category: 22(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.	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	8:29	4:14	24	1:44	97	2:26	2.00	8:29	4:14	2	0:01	5	
Runde	2.00	8:32	4:15	25	1:37	98	2:26	4.00	17:01	4:15	2		14	4:43
Runde	2.00	8:39	4:19	21	1:34	88	2:25	6.00	25:40	4:16	2		14	7:08
Runde	2.00	8:45	4:22	22	1:38	89	2:29	8.00	34:25	4:18	2		14	9:37
Leichtathletikhalle	2.00	8:37	4:18	26	1:49	108	2:26	10.00	43:02	4:18	22	8:21	95	16:34