



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Krüger, Martin

Club: Berlin
Number: 1181

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:59

Speed: 13.64 km/h

Running performance: 4:24 min/km

Rank in course/Total: 123 (of 618)

Rank in course/Men: 115 (of 500)

Best time in course: 31:03

Rank in category: 26(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	10:05	5:02	57	3:20	288	4:02	2.00	10:05	5:02	3	1:37	6	1:35
Runde	2.00	8:30	4:15	24	1:35	95	2:24	4.00	18:35	4:38	3	1:26	17	6:17
Runde	2.00	8:23	4:11	15	1:18	66	2:09	6.00	26:58	4:29	3	1:06	17	8:26
Runde	2.00	8:32	4:15	15	1:25	69	2:16	8.00	35:30	4:26	3	0:51	17	10:42
Leichtathletikhalle	2.00	8:29	4:14	22	1:41	89	2:18	10.00	43:59	4:23	26	9:18	116	17:31