



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schulz, Thomas

Club: LG Bothenheilingen

Number: 1135

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:12

Speed: 13.57 km/h

Running performance: 4:25 min/km

Rank in course/Total: 129 (of 618)

Rank in course/Men: 121 (of 500)

Best time in course: 31:03

Rank in category: 28(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	8:01	4:00	17	1:16	66	1:58	2.00	8:01	4:00	90			427	
Runde	2.00	8:50	4:25	32	1:55	141	2:44	4.00	16:51	4:12	4			20	4:33
Runde	2.00	9:06	4:32	40	2:01	161	2:52	6.00	25:57	4:19	4	0:05		20	7:25
Runde	2.00	9:19	4:39	41	2:12	169	3:03	8.00	35:16	4:24	4	0:37		20	10:28
Leichtathletikhalle	2.00	8:56	4:28	35	2:08	150	2:45	10.00	44:12	4:25	28	9:31		122	17:44