



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Donder, Marko

Club: Sömmerda

Number: 1348

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:09

Speed: 13.59 km/h

Running performance: 4:25 min/km

Rank in course/Total: 128 (of 618)

Rank in course/Men: 120 (of 500)

Best time in course: 31:03

Rank in category: 27(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	8:34	4:16	26	1:49	108	2:31	2.00	8:34	4:16	4	0:06	11	0:04
Runde	2.00	8:51	4:25	35	1:56	146	2:45	4.00	17:25	4:21	5	0:16	25	5:07
Runde	2.00	8:59	4:29	34	1:54	136	2:45	6.00	26:24	4:23	5	0:32	25	7:52
Runde	2.00	8:57	4:28	28	1:50	114	2:41	8.00	35:21	4:25	5	0:42	25	10:33
Leichtathletikhalle	2.00	8:48	4:24	32	2:00	132	2:37	10.00	44:09	4:24	27	9:28	121	17:41