



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Barth, Karsten

Club: LTV Erfurt

Number: 1469

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 42:10

Speed: 14.23 km/h

Running performance: 4:13 min/km

Rank in course/Total: 79 (of 618)

Rank in course/Men: 73 (of 500)

Best time in course: 31:03

Rank in category: 18(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	7:58	3:59	15	1:13	60	1:55	2.00	7:58	3:59	88		421	
Runde	2.00	8:22	4:11	17	1:27	77	2:16	4.00	16:20	4:04	8		30	4:02
Runde	2.00	8:56	4:28	32	1:51	127	2:42	6.00	25:16	4:12	8		30	6:44
Runde	2.00	8:42	4:20	20	1:35	85	2:26	8.00	33:58	4:14	8		30	9:10
Leichtathletikhalle	2.00	8:12	4:05	15	1:24	58	2:01	10.00	42:10	4:13	18	7:29	74	15:42