



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Scharf, Torsten

Club: Lauffreunde Schmira

Number: 1235

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 41:38

Speed: 14.41 km/h

Running performance: 4:10 min/km

Rank in course/Total: 70 (of 618)

Rank in course/Men: 65 (of 500)

Best time in course: 31:03

Rank in category: 15(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 | 7:51 | 3:55 | 13 | 1:06 | 54 | 1:48 | 2.00 | 7:51 | 3:55 | 6 | | | 19 | |
| Runde | 2.00 | 8:11 | 4:05 | 14 | 1:16 | 61 | 2:05 | 4.00 | 16:02 | 4:00 | 9 | | | 36 | 3:44 |
| Runde | 2.00 | 8:23 | 4:11 | 15 | 1:18 | 66 | 2:09 | 6.00 | 24:25 | 4:04 | 9 | | | 36 | 5:53 |
| Runde | 2.00 | 8:39 | 4:19 | 19 | 1:32 | 77 | 2:23 | 8.00 | 33:04 | 4:08 | 9 | | | 36 | 8:16 |
| Leichtathletikhalle | 2.00 | 8:34 | 4:16 | 24 | 1:46 | 100 | 2:23 | 10.00 | 41:38 | 4:09 | 15 | 6:57 | | 66 | 15:10 |