



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Göring, Stephan

Club: Berufsfeuerwehr Erfurt

Number: 1550

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 42:47

Speed: 14.02 km/h

Running performance: 4:17 min/km

Rank in course/Total: 92 (of 618)

Rank in course/Men: 86 (of 500)

Best time in course: 31:03

Rank in category: 20(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking						
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	8:12	4:05	19	1:27	76	2:09	2.00	8:12	4:05	92			437	
Runde	2.00	8:22	4:11	17	1:27	77	2:16	4.00	16:34	4:08	10			51	4:16
Runde	2.00	8:42	4:20	23	1:37	93	2:28	6.00	25:16	4:12	8			30	6:44
Runde	2.00	9:08	4:33	33	2:01	139	2:52	8.00	34:24	4:17	10			50	9:36
Leichtathletikhalle	2.00	8:23	4:11	20	1:35	83	2:12	10.00	42:47	4:16	20	8:06		87	16:19