



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Börsch, Christian

Club: SV Eula 58

Number: 1468

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 39:02

Speed: 15.37 km/h

Running performance: 3:54 min/km

Rank in course/Total: 34 (of 618)

Rank in course/Men: 32 (of 500)

Best time in course: 31:03

Rank in category: 8(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	7:26	3:43	8	0:41	33	1:23	2.00	7:26	3:43	7		29	
Runde	2.00	7:49	3:54	9	0:54	35	1:43	4.00	15:15	3:48	11		54	2:57
Runde	2.00	7:58	3:59	9	0:53	34	1:44	6.00	23:13	3:52	11		53	4:41
Runde	2.00	8:04	4:01	9	0:57	35	1:48	8.00	31:17	3:54	11		53	6:29
Leichtathletikhalle	2.00	7:45	3:52	7	0:57	30	1:34	10.00	39:02	3:54	8	4:21	33	12:34