



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ruprecht, Dirk

Club: LTV Erfurt

Number: 1112

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 37:36

Speed: 15.96 km/h

Running performance: 3:46 min/km

Rank in course/Total: 20 (of 618)

Rank in course/Men: 19 (of 500)

Best time in course: 31:03

Rank in category: 3(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	6:58	3:29	3	0:13	17	0:55	2.00	6:58	3:29	82			402	
Runde	2.00	7:28	3:44	3	0:33	21	1:22	4.00	14:26	3:36	12			4	2:08
Runde	2.00	7:41	3:50	3	0:36	24	1:27	6.00	22:07	3:41	12			55	3:35
Runde	2.00	7:46	3:53	3	0:39	24	1:30	8.00	29:53	3:44	12			55	5:05
Leichtathletikhalle	2.00	7:43	3:51	5	0:55	27	1:32	10.00	37:36	3:45	3	2:55		20	11:08