



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Krieger, Uwe

Club: Schwerborn

Number: 1495

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 38:43

Speed: 15.50 km/h

Running performance: 3:52 min/km

Rank in course/Total: 31 (of 618)

Rank in course/Men: 29 (of 500)

Best time in course: 31:03

Rank in category: 7(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	7:54	3:57	14	1:09	56	1:51	2.00	7:54	3:57	87		417	
Runde	2.00	7:35	3:47	4	0:40	26	1:29	4.00	15:29	3:52	13		59	3:11
Runde	2.00	7:43	3:51	6	0:38	27	1:29	6.00	23:12	3:52	13		58	4:40
Runde	2.00	7:56	3:58	6	0:49	27	1:40	8.00	31:08	3:53	13		58	6:20
Leichtathletikhah	2.00	7:35	3:47	4	0:47	24	1:24	10.00	38:43	3:52	7	4:02	30	12:15