



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Dörfer, Thomas

Club: TSV 1889 Gera-Zwätzen

Number: 1493

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 38:33

Speed: 15.56 km/h

Running performance: 3:52 min/km

Rank in course/Total: 28 (of 618)

Rank in course/Men: 27 (of 500)

Best time in course: 31:03

Rank in category: 6(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	7:14	3:37	5	0:29	22	1:11	2.00	7:14	3:37	84			407
Runde	2.00	7:38	3:49	7	0:43	30	1:32	4.00	14:52	3:43	14			60 2:34
Runde	2.00	7:57	3:58	8	0:52	32	1:43	6.00	22:49	3:48	14			59 4:17
Runde	2.00	8:01	4:00	7	0:54	30	1:45	8.00	30:50	3:51	14			59 6:02
Leichtathletikhalle	2.00	7:43	3:51	5	0:55	27	1:32	10.00	38:33	3:51	6	3:52	28	12:05