



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Große, Rene

Club: SV Glückauf Sondershausen

Number: 1125

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 35:15

Speed: 17.02 km/h

Running performance: 3:31 min/km

Rank in course/Total: 11 (of 618)

Rank in course/Men: 11 (of 500)

Best time in course: 31:03

Rank in category: 2(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	6:52	3:25	2	0:07	13	0:49	2.00	6:52	3:25	10			43	
Runde	2.00	7:02	3:30	2	0:07	12	0:56	4.00	13:54	3:28	18			58	1:36
Runde	2.00	7:07	3:33	2	0:02	10	0:53	6.00	21:01	3:30	18			79	2:29
Runde	2.00	7:07	3:33	1	-	10	0:51	8.00	28:08	3:30	18			79	3:20
Leichtathletikhalle	2.00	7:07	3:33	2	0:19	12	0:56	10.00	35:15	3:31	2	0:34		12	8:47