



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Vogt, Bertram

Club: Erfurt
Number: 1124

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:26

Speed: 12.92 km/h

Running performance: 4:38 min/km

Rank in course/Total: 193 (of 618)

Rank in course/Men: 181 (of 500)

Best time in course: 31:03

Rank in category: 43 (of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	9:12	4:35	39	2:27	181	3:09	2.00	9:12	4:35	101	0:44	482	0:42
Runde	2.00	9:09	4:34	42	2:14	177	3:03	4.00	18:21	4:35	24	1:12	108	6:03
Runde	2.00	9:25	4:42	50	2:20	202	3:11	6.00	27:46	4:37	24	1:54	105	9:14
Runde	2.00	9:31	4:45	50	2:24	203	3:15	8.00	37:17	4:39	24	2:38	105	12:29
Leichtathletikhalle	2.00	9:09	4:34	45	2:21	186	2:58	10.00	46:26	4:38	43	11:45	182	19:58