



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Exner, Stephan

Club: Erfurt

Number: 1211

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 42:52

Speed: 14.00 km/h

Running performance: 4:17 min/km

Rank in course/Total: 97 (of 618)

Rank in course/Men: 91 (of 500)

Best time in course: 31:03

Rank in category: 21(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	8:53	4:26	34	2:08	150	2:50	2.00	8:53	4:26	96	0:25	451	0:23	
Runde	2.00	8:34	4:16	26	1:39	102	2:28	4.00	17:27	4:21	29	0:18	130	5:09	
Runde	2.00	8:28	4:14	18	1:23	74	2:14	6.00	25:55	4:19	29	0:03	6	7:23	
Runde	2.00	8:34	4:16	16	1:27	71	2:18	8.00	34:29	4:18	29		127	9:41	
Leichtathletikhalle	2.00	8:23	4:11	20	1:35	83	2:12	10.00	42:52	4:17	21	8:11	92	16:24	