



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Fischer, Steffen

Club: SC Impuls Erfurt

Number: 1199

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:11

Speed: 12.72 km/h

Running performance: 4:43 min/km

Rank in course/Total: 221 (of 618)

Rank in course/Men: 207 (of 500)

Best time in course: 31:03

Rank in category: 51(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	9:13	4:36	40	2:28	182	3:10	2.00	9:13	4:36	102	0:45	483	0:43
Runde	2.00	9:30	4:45	55	2:35	230	3:24	4.00	18:43	4:40	31	1:34	134	6:25
Runde	2.00	9:43	4:51	57	2:38	242	3:29	6.00	28:26	4:44	31	2:34	131	9:54
Runde	2.00	9:40	4:49	54	2:33	220	3:24	8.00	38:06	4:45	31	3:27	131	13:18
Leichtathletikhalle	2.00	9:05	4:32	40	2:17	170	2:54	10.00	47:11	4:43	51	12:30	208	20:43