



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kusche, Stephan

Club: Erfurter Hockey Club

Number: 1131

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:19

Speed: 13.54 km/h

Running performance: 4:26 min/km

Rank in course/Total: 135 (of 618)

Rank in course/Men: 127 (of 500)

Best time in course: 31:03

Rank in category: 31(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	8:33	4:16	25	1:48	106	2:30	2.00	8:33	4:16	17	0:05	9	0:03
Runde	2.00	8:47	4:23	29	1:52	134	2:41	4.00	17:20	4:19	32	0:11	141	5:02
Runde	2.00	8:55	4:27	31	1:50	123	2:41	6.00	26:15	4:22	32	0:23	138	7:43
Runde	2.00	9:00	4:30	29	1:53	124	2:44	8.00	35:15	4:24	6	0:36	26	10:27
Leichtathletikhalle	2.00	9:04	4:31	38	2:16	167	2:53	10.00	44:19	4:25	31	9:38	128	17:51