



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schönekäs, Pierre

Club: Splash Schwimmschule

Number: 1557

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:23

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 190 (of 618)

Rank in course/Men: 178 (of 500)

Best time in course: 31:03

Rank in category: 42(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	9:08	4:33	38	2:23	174	3:05	2.00	9:08	4:33	100	0:40	475	0:38
Runde	2.00	9:11	4:35	46	2:16	185	3:05	4.00	18:19	4:34	36	1:10	96	6:01
Runde	2.00	9:21	4:40	48	2:16	193	3:07	6.00	27:40	4:36	36	1:48	159	9:08
Runde	2.00	9:29	4:44	47	2:22	199	3:13	8.00	37:09	4:38	36	2:30	159	12:21
Leichtathletikhalle	2.00	9:14	4:36	47	2:26	199	3:03	10.00	46:23	4:38	42	11:42	179	19:55