



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kuna, Heiner

Club: Erfurt
Number: 1288

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 51:35

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 370 (of 618)

Rank in course/Men: 334 (of 500)

Best time in course: 31:03

Rank in category: 70(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	10:59	5:29	78	4:14	394	4:56	2.00	10:59	5:29	24	2:31	120	2:29			
Runde	2.00	9:51	4:55	64	2:56	287	3:45	4.00	20:50	5:12	41	3:41	195	8:32			
Runde	2.00	10:20	5:10	73	3:15	335	4:06	6.00	31:10	5:11	41	5:18	192	12:38			
Runde	2.00	10:28	5:14	72	3:21	335	4:12	8.00	41:38	5:12	41	6:59	192	16:50			
Leichtathletikhah	2.00	9:57	4:58	66	3:09	294	3:46	10.00	51:35	5:09	70	16:54	335	25:07			