



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Döring, Dirk

Club: Erfurt
Number: 1434

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 52:28

Speed: 11.44 km/h

Running performance: 5:15 min/km

Rank in course/Total: 402 (of 618)

Rank in course/Men: 358 (of 500)

Best time in course: 31:03

Rank in category: 74(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	km			Time	min/km
Runde	2.00	11:00	5:30	80	4:15	397	4:57	2.00	11:00	5:30	28	2:32	147	2:30
Runde	2.00	10:07	5:03	71	3:12	334	4:01	4.00	21:07	5:16	45	3:58	224	8:49
Runde	2.00	10:14	5:06	70	3:09	320	4:00	6.00	31:21	5:13	45	5:29	221	12:49
Runde	2.00	10:43	5:21	79	3:36	368	4:27	8.00	42:04	5:15	45	7:25	221	17:16
Leichtathletikhalle	2.00	10:24	5:12	77	3:36	352	4:13	10.00	52:28	5:14	74	17:47	359	26:00