



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Reinhardt, Stephan

Club: SG Union Schönauf vor dem Walde
Number: 1334

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 51:15

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 350 (of 618)

Rank in course/Men: 316 (of 500)

Best time in course: 31:03

Rank in category: 68(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	10:28	5:14	66	3:43	325	4:25	2.00	10:28	5:14	30	2:00	132	1:58
Runde	2.00	10:01	5:00	68	3:06	321	3:55	4.00	20:29	5:07	47	3:20	230	8:11
Runde	2.00	10:16	5:08	72	3:11	325	4:02	6.00	30:45	5:07	47	4:53	227	12:13
Runde	2.00	10:30	5:15	74	3:23	341	4:14	8.00	41:15	5:09	47	6:36	227	16:27
Leichtathletikhalle	2.00	10:00	5:00	68	3:12	303	3:49	10.00	51:15	5:07	68	16:34	317	24:47