



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kopf, Enrico

Club: Obergebra

Number: 1281

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:53

Speed: 12.03 km/h

Running performance: 4:59 min/km

Rank in course/Total: 310 (of 618)

Rank in course/Men: 282 (of 500)

Best time in course: 31:03

Rank in category: 62(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	9:57	4:58	56	3:12	276	3:54	2.00	9:57	4:58	34	1:29	54	1:27	
Runde	2.00	9:38	4:48	60	2:43	247	3:32	4.00	19:35	4:53	35	2:26	160	7:17	
Runde	2.00	9:46	4:53	59	2:41	249	3:32	6.00	29:21	4:53	51	3:29	247	10:49	
Runde	2.00	10:15	5:07	67	3:08	306	3:59	8.00	39:36	4:57	51	4:57	247	14:48	
Leichtathletikhalle	2.00	10:17	5:08	75	3:29	338	4:06	10.00	49:53	4:59	62	15:12	283	23:25	