



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schwarz, Thomas

Club: FPL-Team Schmeheim und Freunde

Number: 1676

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:03

Speed: 10.70 km/h

Running performance: 5:36 min/km

Rank in course/Total: 498 (of 618)

Rank in course/Men: 428 (of 500)

Best time in course: 31:03

Rank in category: 87(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | Stage score | | | | Total ranking | | | | | |
|---------------------|--------------------|------------|--------------|----------|-------------|---------|------------|----------|---------------|--------------|----------|-------------|---------|------------|
| | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Runde | 2.00 | 11:37 | 5:48 | 93 | 4:52 | 443 | 5:34 | 2.00 | 11:37 | 5:48 | 35 | 3:09 | 173 | 3:07 |
| Runde | 2.00 | 10:53 | 5:26 | 87 | 3:58 | 422 | 4:47 | 4.00 | 22:30 | 5:37 | 52 | 5:21 | 253 | 10:12 |
| Runde | 2.00 | 10:54 | 5:27 | 86 | 3:49 | 399 | 4:40 | 6.00 | 33:24 | 5:33 | 52 | 7:32 | 250 | 14:52 |
| Runde | 2.00 | 11:14 | 5:36 | 86 | 4:07 | 415 | 4:58 | 8.00 | 44:38 | 5:34 | 52 | 9:59 | 250 | 19:50 |
| Leichtathletikhalle | 2.00 | 11:25 | 5:42 | 89 | 4:37 | 440 | 5:14 | 10.00 | 56:03 | 5:36 | 87 | 21:22 | 429 | 29:35 |