



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Bräske, Tino

Club: Erfurt

Number: 1414

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:09

Speed: 12.73 km/h

Running performance: 4:43 min/km

Rank in course/Total: 219 (of 618)

Rank in course/Men: 205 (of 500)

Best time in course: 31:03

Rank in category: 50(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	8:38	4:18	29	1:53	122	2:35	2.00	8:38	4:18	38	0:10	189	0:08
Runde	2.00	9:36	4:47	58	2:41	243	3:30	4.00	18:14	4:33	58	1:05	274	5:56
Runde	2.00	9:33	4:46	52	2:28	221	3:19	6.00	27:47	4:37	58	1:55	271	9:15
Runde	2.00	9:47	4:53	57	2:40	244	3:31	8.00	37:34	4:41	58	2:55	211	12:46
Leichtathletikhalle	2.00	9:35	4:47	59	2:47	246	3:24	10.00	47:09	4:42	50	12:28	206	20:41