



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kiszka, Michael

Club: Erfurt

Number: 1677

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:00:56

Speed: 9.85 km/h

Running performance: 6:05 min/km

Rank in course/Total: 576 (of 618)

Rank in course/Men: 478 (of 500)

Best time in course: 31:03

Rank in category: 100(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	10:59	5:29	78	4:14	394	4:56	2.00	10:59	5:29	24	2:31	120	2:29
Runde	2.00	11:47	5:53	101	4:52	477	5:41	4.00	22:46	5:41	60	5:37	288	10:28
Runde	2.00	12:39	6:19	105	5:34	488	6:25	6.00	35:25	5:54	60	9:33	285	16:53
Runde	2.00	13:06	6:32	104	5:59	491	6:50	8.00	48:31	6:03	60	13:52	285	23:43
Leichtathletikhalle	2.00	12:25	6:12	99	5:37	478	6:14	10.00	1:00:56	6:05	100	26:15	479	34:28