



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wagner, Michael

Club: Erfurt
Number: 1324

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:59

Speed: 12.50 km/h

Running performance: 4:48 min/km

Rank in course/Total: 245 (of 618)

Rank in course/Men: 229 (of 500)

Best time in course: 31:03

Rank in category: 55(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	10:21	5:10	63	3:36	314	4:18	2.00	10:21	5:10	42	1:53	207	1:51
Runde	2.00	9:09	4:34	42	2:14	177	3:03	4.00	19:30	4:52	62	2:21	260	7:12
Runde	2.00	9:24	4:42	49	2:19	200	3:10	6.00	28:54	4:48	35	3:02	97	10:22
Runde	2.00	9:44	4:51	56	2:37	233	3:28	8.00	38:38	4:49	62	3:59	139	13:50
Leichtathletikhalle	2.00	9:21	4:40	52	2:33	215	3:10	10.00	47:59	4:47	55	13:18	230	21:31