



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Walter, Stefan

Club: Erfurt
Number: 1204

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 57:25

Speed: 10.45 km/h

Running performance: 5:44 min/km

Rank in course/Total: 524 (of 618)

Rank in course/Men: 445 (of 500)

Best time in course: 31:03

Rank in category: 90(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Pos | | Total | Total | Total | Pos | Behind | Pos | Behind | |
|---------------------|-------|-------|------|--------|--------|------|-------|-------|-------|------|--------|-------|--------|-------|
| | km | Time | | | min/km | Cat. | | | | | | | | Cat. |
| Runde | 2.00 | 11:15 | 5:37 | 87 | 4:30 | 418 | 5:12 | 2.00 | 11:15 | 5:37 | 43 | 2:47 | 112 | 2:45 |
| Runde | 2.00 | 11:16 | 5:38 | 92 | 4:21 | 450 | 5:10 | 4.00 | 22:31 | 5:37 | 63 | 5:22 | 300 | 10:13 |
| Runde | 2.00 | 11:27 | 5:43 | 95 | 4:22 | 451 | 5:13 | 6.00 | 33:58 | 5:39 | 63 | 8:06 | 297 | 15:26 |
| Runde | 2.00 | 11:52 | 5:56 | 94 | 4:45 | 454 | 5:36 | 8.00 | 45:50 | 5:43 | 63 | 11:11 | 297 | 21:02 |
| Leichtathletikhalle | 2.00 | 11:35 | 5:47 | 91 | 4:47 | 449 | 5:24 | 10.00 | 57:25 | 5:44 | 90 | 22:44 | 446 | 30:57 |