



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	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
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