



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Degelmann, Andreas

Club: Erfurt
Number: 1090

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 59:58

Speed: 10.01 km/h

Running performance: 6:00 min/km

Rank in course/Total: 570 (of 618)

Rank in course/Men: 474 (of 500)

Best time in course: 31:03

Rank in category: 99 (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	12:28	6:14	104	5:43	488	6:25	2.00	12:28	6:14	46	4:00	217	3:58
Runde	2.00	11:43	5:51	100	4:48	474	5:37	4.00	24:11	6:02	66	7:02	309	11:53
Runde	2.00	11:48	5:54	96	4:43	464	5:34	6.00	35:59	5:59	66	10:07	306	17:27
Runde	2.00	12:11	6:05	97	5:04	467	5:55	8.00	48:10	6:01	66	13:31	306	23:22
Leichtathletikhalle	2.00	11:48	5:54	93	5:00	460	5:37	10.00	59:58	5:59	99	25:17	475	33:30