



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Minack, Frank

Club: SV Olympia Neustad

Number: 1520

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 54:00

Speed: 11.11 km/h

Running performance: 5:24 min/km

Rank in course/Total: 449 (of 618)

Rank in course/Men: 394 (of 500)

Best time in course: 31:03

Rank in category: 83(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:49	5:54	96	5:04	457	5:46	2.00	11:49	5:54	48	3:21	231	3:19
Runde	2.00	10:54	5:27	88	3:59	423	4:48	4.00	22:43	5:40	68	5:34	295	10:25
Runde	2.00	10:45	5:22	82	3:40	388	4:31	6.00	33:28	5:34	68	7:36	188	14:56
Runde	2.00	10:36	5:17	77	3:29	354	4:20	8.00	44:04	5:30	68	9:25	321	19:16
Leichtathletikhalle	2.00	9:56	4:58	65	3:08	291	3:45	10.00	54:00	5:24	83	19:19	395	27:32