



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Damm, Peter

Club: TSV Büttstedt

Number: 1690

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 50:58

Speed: 11.77 km/h

Running performance: 5:06 min/km

Rank in course/Total: 339 (of 618)

Rank in course/Men: 309 (of 500)

Best time in course: 31:03

Rank in category: 65 (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	11:05	5:32	82	4:20	403	5:02	2.00	11:05	5:32	49	2:37	175	2:35
Runde	2.00	10:08	5:03	73	3:13	339	4:02	4.00	21:13	5:18	69	4:04	330	8:55
Runde	2.00	10:07	5:03	64	3:02	293	3:53	6.00	31:20	5:13	69	5:28	327	12:48
Runde	2.00	10:00	5:00	60	2:53	265	3:44	8.00	41:20	5:10	69	6:41	327	16:32
Leichtathletikhalle	2.00	9:38	4:48	62	2:50	251	3:27	10.00	50:58	5:05	65	16:17	310	24:30