



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Baumgärtel, Marcel

Club: Gotha

Number: 1049

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 56:18

Speed: 10.66 km/h

Running performance: 5:38 min/km

Rank in course/Total: 502 (of 618)

Rank in course/Men: 431 (of 500)

Best time in course: 31:03

Rank in category: 88(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	11:20	5:40	90	4:35	425	5:17	2.00	11:20	5:40	51	2:52	133	2:50
Runde	2.00	10:38	5:18	82	3:43	400	4:32	4.00	21:58	5:29	71	4:49	202	9:40
Runde	2.00	10:59	5:29	88	3:54	408	4:45	6.00	32:57	5:29	71	7:05	234	14:25
Runde	2.00	11:36	5:47	89	4:29	442	5:20	8.00	44:33	5:34	71	9:54	188	19:45
Leichtathletikhalle	2.00	11:45	5:52	92	4:57	456	5:34	10.00	56:18	5:37	88	21:37	432	29:50