



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Prescher, Frank

Club: USV Erfurt

Number: 1386

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 53:50

Speed: 11.15 km/h

Running performance: 5:23 min/km

Rank in course/Total: 445 (of 618)

Rank in course/Men: 391 (of 500)

Best time in course: 31:03

Rank in category: 82(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	10:36	5:17	71	3:51	349	4:33	2.00	10:36	5:17	55	2:08	122	2:06
Runde	2.00	10:28	5:14	80	3:33	385	4:22	4.00	21:04	5:15	75	3:55	368	8:46
Runde	2.00	10:53	5:26	85	3:48	397	4:39	6.00	31:57	5:19	75	6:05	187	13:25
Runde	2.00	11:03	5:31	84	3:56	401	4:47	8.00	43:00	5:22	75	8:21	365	18:12
Leichtathletikhalle	2.00	10:50	5:25	84	4:02	394	4:39	10.00	53:50	5:23	82	19:09	392	27:22