



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kaufhold, Sebastian

Club: Leipzig

Number: 1317

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 53:15

Speed: 11.27 km/h

Running performance: 5:19 min/km

Rank in course/Total: 419 (of 618)

Rank in course/Men: 374 (of 500)

Best time in course: 31:03

Rank in category: 77(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	10:31	5:15	68	3:46	335	4:28	2.00	10:31	5:15	56	2:03	276	2:01	
Runde	2.00	10:09	5:04	76	3:14	344	4:03	4.00	20:40	5:10	76	3:31	371	8:22	
Runde	2.00	10:30	5:15	75	3:25	360	4:16	6.00	31:10	5:11	41	5:18	192	12:38	
Runde	2.00	10:46	5:23	80	3:39	372	4:30	8.00	41:56	5:14	76	7:17	368	17:08	
Leichtathletikhalle	2.00	11:19	5:39	86	4:31	430	5:08	10.00	53:15	5:19	77	18:34	375	26:47	