



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Groß, David

Club: Erfurt
Number: 1261

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 52:02

Speed: 11.53 km/h

Running performance: 5:12 min/km

Rank in course/Total: 392 (of 618)

Rank in course/Men: 350 (of 500)

Best time in course: 31:03

Rank in category: 72(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:14	5:36	86	4:29	417	5:11	2.00	11:14	5:36	57	2:46	278	2:44
Runde	2.00	10:11	5:05	77	3:16	347	4:05	4.00	21:25	5:21	77	4:16	341	9:07
Runde	2.00	10:31	5:15	76	3:26	363	4:17	6.00	31:56	5:19	77	6:04	370	13:24
Runde	2.00	10:25	5:12	70	3:18	328	4:09	8.00	42:21	5:17	77	7:42	370	17:33
Leichtathletikhalle	2.00	9:41	4:50	63	2:53	259	3:30	10.00	52:02	5:12	72	17:21	351	25:34