



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 | | Pos | Behind | Pos | | Total | Total | Total | Pos | Behind | Pos | Behind | |
|---------------------|-------|-------|------|--------|--------|------|-------|-------|-------|------|--------|-------|--------|-------|
| | km | Time | | | min/km | Cat. | | | | | | | | Cat. |
| 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 |