



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kämmerer, Jens

Club: Erfurt

Number: 1078

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 58:15

Speed: 10.30 km/h

Running performance: 5:49 min/km

Rank in course/Total: 544 (of 618)

Rank in course/Men: 459 (of 500)

Best time in course: 31:03

Rank in category: 95 (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	10:25	5:12	64	3:40	320	4:22	2.00	10:25	5:12	32	1:57	159	1:55
Runde	2.00	11:04	5:31	89	4:09	433	4:58	4.00	21:29	5:22	79	4:20	384	9:11
Runde	2.00	11:49	5:54	97	4:44	466	5:35	6.00	33:18	5:32	79	7:26	342	14:46
Runde	2.00	12:01	6:00	95	4:54	459	5:45	8.00	45:19	5:39	79	10:40	381	20:31
Leichtathletikhalle	2.00	12:56	6:28	103	6:08	485	6:45	10.00	58:15	5:49	95	23:34	460	31:47