



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Thude, Andreas

Club: SCC Berlin Triathlon

Number: 1556

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 38:08

Speed: 15.73 km/h

Running performance: 3:49 min/km

Rank in course/Total: 27 (of 618)

Rank in course/Men: 26 (of 500)

Best time in course: 31:03

Rank in category: 5(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	7:14	3:37	5	0:29	22	1:11	2.00	7:14	3:37	84		407	
Runde	2.00	7:35	3:47	4	0:40	26	1:29	4.00	14:49	3:42	81		394	2:31
Runde	2.00	7:41	3:50	3	0:36	24	1:27	6.00	22:30	3:45	81		391	3:58
Runde	2.00	7:52	3:55	5	0:45	26	1:36	8.00	30:22	3:47	81		391	5:34
Leichtathletikhah	2.00	7:46	3:53	8	0:58	31	1:35	10.00	38:08	3:48	5	3:27	27	11:40