



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Steinhardt, Ingo

Club: Erenzburg

Number: 1678

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 39:15

Speed: 15.29 km/h

Running performance: 3:55 min/km

Rank in course/Total: 36 (of 618)

Rank in course/Men: 33 (of 500)

Best time in course: 31:03

Rank in category: 9(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	7:48	3:53	11	1:03	49	1:45	2.00	7:48	3:53	62		302	
Runde	2.00	7:40	3:50	8	0:45	31	1:34	4.00	15:28	3:52	83		44	3:10
Runde	2.00	7:49	3:54	7	0:44	29	1:35	6.00	23:17	3:52	83		397	4:45
Runde	2.00	8:02	4:00	8	0:55	33	1:46	8.00	31:19	3:54	83		397	6:31
Leichtathletikhah	2.00	7:56	3:58	9	1:08	39	1:45	10.00	39:15	3:55	9	4:34	34	12:47