



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Irmer, Matthias

Club: Ilmenau

Number: 1097

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 55:30

Speed: 10.81 km/h

Running performance: 5:33 min/km

Rank in course/Total: 490 (of 618)

Rank in course/Men: 424 (of 500)

Best time in course: 31:03

Rank in category: 86(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:31	5:45	91	4:46	439	5:28	2.00	11:31	5:45	54	3:03	271	3:01
Runde	2.00	10:42	5:20	85	3:47	408	4:36	4.00	22:13	5:33	84	5:04	404	9:55
Runde	2.00	10:50	5:25	83	3:45	393	4:36	6.00	33:03	5:30	84	7:11	401	14:31
Runde	2.00	10:58	5:29	82	3:51	392	4:42	8.00	44:01	5:30	84	9:22	401	19:13
Leichtathletikhalle	2.00	11:29	5:44	90	4:41	443	5:18	10.00	55:30	5:32	86	20:49	425	29:02