



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Lünser, Christian

Club: BSG Steigerwald Egstedt

Number: 1367

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 52:42

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 408 (of 618)

Rank in course/Men: 363 (of 500)

Best time in course: 31:03

Rank in category: 75 (of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	9:52	4:56	53	3:07	262	3:49	2.00	9:52	4:56	65	1:24	111	1:22
Runde	2.00	10:01	5:00	68	3:06	321	3:55	4.00	19:53	4:58	49	2:44	238	7:35
Runde	2.00	10:44	5:21	81	3:39	383	4:30	6.00	30:37	5:06	86	4:45	249	12:05
Runde	2.00	11:07	5:33	85	4:00	407	4:51	8.00	41:44	5:13	86	7:05	403	16:56
Leichtathletikhalle	2.00	10:58	5:29	85	4:10	407	4:47	10.00	52:42	5:16	75	18:01	364	26:14