



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rogge, Steffen

Club: TSV Büttstedt

Number: 1691

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 50:49

Speed: 11.81 km/h

Running performance: 5:05 min/km

Rank in course/Total: 332 (of 618)

Rank in course/Men: 302 (of 500)

Best time in course: 31:03

Rank in category: 64 (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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	11:05	5:32	82	4:20	403	5:02	2.00	11:05	5:32	49	2:37	175	2:35			
Runde	2.00	10:08	5:03	73	3:13	339	4:02	4.00	21:13	5:18	69	4:04	330	8:55			
Runde	2.00	10:07	5:03	64	3:02	293	3:53	6.00	31:20	5:13	69	5:28	327	12:48			
Runde	2.00	10:00	5:00	60	2:53	265	3:44	8.00	41:20	5:10	69	6:41	327	16:32			
Leichtathletikhalle	2.00	9:29	4:44	55	2:41	232	3:18	10.00	50:49	5:04	64	16:08	303	24:21			