



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schlender, Alexander

Club: LTV Erfurt

Number: 1215

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:36

Speed: 13.45 km/h

Running performance: 4:28 min/km

Rank in course/Total: 143 (of 618)

Rank in course/Men: 135 (of 500)

Best time in course: 31:03

Rank in category: 36(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	8:03	4:01	18	1:18	67	2:00	2.00	8:03	4:01	91			428	
Runde	2.00	8:55	4:27	37	2:00	154	2:49	4.00	16:58	4:14	90			7	4:40
Runde	2.00	9:10	4:34	42	2:05	169	2:56	6.00	26:08	4:21	90	0:16		418	7:36
Runde	2.00	9:23	4:41	43	2:16	177	3:07	8.00	35:31	4:26	90	0:52		418	10:43
Leichtathletikhalle	2.00	9:05	4:32	40	2:17	170	2:54	10.00	44:36	4:27	36	9:55		136	18:08