



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hoffmann, Uwe

Club: Wiehe

Number: 1481

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:25

Speed: 12.14 km/h

Running performance: 4:56 min/km

Rank in course/Total: 295 (of 618)

Rank in course/Men: 269 (of 500)

Best time in course: 31:03

Rank in category: 60(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	9:26	4:43	46	2:41	207	3:23	2.00	9:26	4:43	69	0:58	76	0:56
Runde	2.00	9:37	4:48	59	2:42	245	3:31	4.00	19:03	4:45	91	1:54	423	6:45
Runde	2.00	9:58	4:59	62	2:53	279	3:44	6.00	29:01	4:50	91	3:09	229	10:29
Runde	2.00	10:19	5:09	69	3:12	315	4:03	8.00	39:20	4:55	91	4:41	420	14:32
Leichtathletikhalle	2.00	10:05	5:02	70	3:17	310	3:54	10.00	49:25	4:56	60	14:44	270	22:57