



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Busch, Falko

Club: Kodokan Erfurt

Number: 1243

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:20

Speed: 13.53 km/h

Running performance: 4:26 min/km

Rank in course/Total: 137 (of 618)

Rank in course/Men: 129 (of 500)

Best time in course: 31:03

Rank in category: 32(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	9:29	4:44	47	2:44	211	3:26	2.00	9:29	4:44	70	1:01	138	0:59
Runde	2.00	8:49	4:24	31	1:54	138	2:43	4.00	18:18	4:34	55	1:09	223	6:00
Runde	2.00	8:40	4:19	22	1:35	89	2:26	6.00	26:58	4:29	3	1:06	17	8:26
Runde	2.00	8:47	4:23	23	1:40	91	2:31	8.00	35:45	4:28	92	1:06	180	10:57
Leichtathletikhalle	2.00	8:35	4:17	25	1:47	102	2:24	10.00	44:20	4:26	32	9:39	130	17:52