



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heinrich, Andreas

Club: Elxleben

Number: 1177

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:02:12

Speed: 9.65 km/h

Running performance: 6:13 min/km

Rank in course/Total: 586 (of 618)

Rank in course/Men: 483 (of 500)

Best time in course: 31:03

Rank in category: 103(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	12:16	6:08	103	5:31	483	6:13	2.00	12:16	6:08	74	3:48	338	3:46
Runde	2.00	11:49	5:54	102	4:54	478	5:43	4.00	24:05	6:01	96	6:56	436	11:47
Runde	2.00	12:16	6:08	102	5:11	479	6:02	6.00	36:21	6:03	96	10:29	433	17:49
Runde	2.00	13:01	6:30	103	5:54	486	6:45	8.00	49:22	6:10	96	14:43	433	24:34
Leichtathletikhalle	2.00	12:50	6:25	102	6:02	484	6:39	10.00	1:02:12	6:13	103	27:31	484	35:44