



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Baumgardt, Stefan

Club: Langenhagen

Number: 1089

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:02:41

Speed: 9.57 km/h

Running performance: 6:16 min/km

Rank in course/Total: 591 (of 618)

Rank in course/Men: 485 (of 500)

Best time in course: 31:03

Rank in category: 104(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	11:53	5:56	97	5:08	466	5:50	2.00	11:53	5:56	75	3:25	142	3:23	
Runde	2.00	11:35	5:47	99	4:40	470	5:29	4.00	23:28	5:51	70	6:19	332	11:10	
Runde	2.00	12:19	6:09	103	5:14	481	6:05	6.00	35:47	5:57	97	9:55	434	17:15	
Runde	2.00	13:40	6:49	105	6:33	492	7:24	8.00	49:27	6:10	97	14:48	434	24:39	
Leichtathletikhah	2.00	13:14	6:36	104	6:26	489	7:03	10.00	1:02:41	6:16	104	28:00	486	36:13	