



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Frießleben, Sven

Club: SV Thuringia Königsee

Number: 1517

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:40

Speed: 12.08 km/h

Running performance: 4:58 min/km

Rank in course/Total: 300 (of 618)

Rank in course/Men: 273 (of 500)

Best time in course: 31:03

Rank in category: 61(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:33	4:46	50	2:48	223	3:30	2.00	9:33	4:46	77	1:05	41	1:03
Runde	2.00	9:27	4:43	53	2:32	227	3:21	4.00	19:00	4:45	102	1:51	469	6:42
Runde	2.00	9:49	4:54	60	2:44	251	3:35	6.00	28:49	4:48	102	2:57	314	10:17
Runde	2.00	10:17	5:08	68	3:10	312	4:01	8.00	39:06	4:53	102	4:27	466	14:18
Leichtathletikhalle	2.00	10:34	5:16	79	3:46	368	4:23	10.00	49:40	4:58	61	14:59	274	23:12