



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Bethke, Steven

Club: Erfurt

Number: 1453

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 47:41

Speed: 12.58 km/h

Running performance: 4:46 min/km

Rank in course/Total: 236 (of 618)

Rank in course/Men: 221 (of 500)

Best time in course: 31:03

Rank in category: 53(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	9:00	4:30	36	2:15	161	2:57	2.00	9:00	4:30	98	0:32	462	0:30
Runde	2.00	9:21	4:40	50	2:26	208	3:15	4.00	18:21	4:35	24	1:12	108	6:03
Runde	2.00	9:39	4:49	56	2:34	233	3:25	6.00	28:00	4:40	107	2:08	273	9:28
Runde	2.00	9:51	4:55	58	2:44	249	3:35	8.00	37:51	4:43	107	3:12	496	13:03
Leichtathletikhalle	2.00	9:50	4:55	64	3:02	279	3:39	10.00	47:41	4:46	53	13:00	222	21:13