



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Merbach, Thomas

Club: Eisenach

Number: 1180

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 43:22

Speed: 13.84 km/h

Running performance: 4:20 min/km

Rank in course/Total: 107 (of 618)

Rank in course/Men: 100 (of 500)

Best time in course: 31:03

Rank in category: 23(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	8:28	4:14	23	1:43	95	2:25	2.00	8:28	4:14	1	-	2	
Runde	2.00	8:41	4:20	28	1:46	119	2:35	4.00	17:09	4:17	1	-	8	4:51
Runde	2.00	8:43	4:21	24	1:38	95	2:29	6.00	25:52	4:18	1	-	8	7:20
Runde	2.00	8:47	4:23	23	1:40	91	2:31	8.00	34:39	4:19	1	-	8	9:51
Leichtathletikhalle	2.00	8:43	4:21	30	1:55	120	2:32	10.00	43:22	4:20	23	8:41	101	16:54