



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Meier, Steffen

Club: Erfurt
Number: 1862

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 41:08

Speed: 14.59 km/h

Running performance: 4:07 min/km

Rank in course/Total: 61 (of 618)

Rank in course/Men: 56 (of 500)

Best time in course: 31:03

Rank in category: 19(of 171)

Best time in the category: 34:32

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	7:36	3:47	10	0:58	39	1:33	2.00	7:36	3:47	15		38	
Runde	2.00	8:18	4:09	24	1:27	69	2:12	4.00	15:54	3:58	23	1:36	71	3:36
Runde	2.00	8:24	4:12	22	1:16	68	2:10	6.00	24:18	4:02	13	2:38	38	5:46
Runde	2.00	8:28	4:14	20	1:28	59	2:12	8.00	32:46	4:05	22	3:47	69	7:58
Leichtathletikhalle	2.00	8:22	4:11	29	1:27	79	2:11	10.00	41:08	4:06	19	6:36	57	14:40