



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Eylenstein, Stephan**

Club: Isseroda

Number: 1058

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 48:46

Speed: 12.30 km/h

Running performance: 4:53 min/km

Rank in course/Total: 271 (of 618)

Rank in course/Men: 250 (of 500)

Best time in course: 31:03

Rank in category: 57(of 107)

Best time in the category: 34:41

### Intermediate times

### Stage score

### Total ranking

Control	Split		Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Total ranking		Pos Cat.	Behind Cat.	Pos Men	Behind Men
	km	Time				Pos Men	Behind Men				Pos Men	Behind Men				
Runde	2.00	9:17	4:38	42	2:32	190	3:14	2.00	9:17	4:38	104	0:49	491	0:47		
Runde	2.00	9:34	4:46	56	2:39	237	3:28	4.00	18:51	4:42	22	1:42	94	6:33		
Runde	2.00	10:04	5:01	63	2:59	289	3:50	6.00	28:55	4:49	22	3:03	91	10:23		
Runde	2.00	10:14	5:06	66	3:07	302	3:58	8.00	39:09	4:53	22	4:30	91	14:21		
Leichtathletikhalle	2.00	9:37	4:48	61	2:49	249	3:26	10.00	48:46	4:52	57	14:05	251	22:18		