



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Greifzu, Lars

Club: RSV Adler Arnstadt

Number: 1518

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 41:29

Speed: 14.46 km/h

Running performance: 4:09 min/km

Rank in course/Total: 66 (of 618)

Rank in course/Men: 61 (of 500)

Best time in course: 31:03

Rank in category: 14(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	7:49	3:54	12	1:04	50	1:46	2.00	7:49	3:54	18			24	
Runde	2.00	8:11	4:05	14	1:16	61	2:05	4.00	16:00	4:00	33			19	3:42
Runde	2.00	8:27	4:13	17	1:22	72	2:13	6.00	24:27	4:04	33			155	5:55
Runde	2.00	8:44	4:21	21	1:37	87	2:28	8.00	33:11	4:08	33			155	8:23
Leichtathletikhalle	2.00	8:18	4:09	17	1:30	69	2:07	10.00	41:29	4:08	14	6:48		62	15:01