



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Meersteiner, Thomas

Club: ASV Erfurt

Number: 1210

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 45:35

Speed: 13.16 km/h

Running performance: 4:34 min/km

Rank in course/Total: 170 (of 618)

Rank in course/Men: 158 (of 500)

Best time in course: 31:03

Rank in category: 40(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	9:30	4:45	48	2:45	215	3:27	2.00	9:30	4:45	21	1:02	75	1:00
Runde	2.00	8:50	4:25	32	1:55	141	2:44	4.00	18:20	4:34	34	1:11	159	6:02
Runde	2.00	9:09	4:34	41	2:04	166	2:55	6.00	27:29	4:34	38	1:37	169	8:57
Runde	2.00	9:09	4:34	35	2:02	143	2:53	8.00	36:38	4:34	38	1:59	170	11:50
Leichtathletikhalle	2.00	8:57	4:28	36	2:09	154	2:46	10.00	45:35	4:33	40	10:54	159	19:07