



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Müller, Jan

Club: TSV Zella- Mehlis

Number: 1537

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 49:10

Speed: 12.20 km/h

Running performance: 4:55 min/km

Rank in course/Total: 283 (of 618)

Rank in course/Men: 262 (of 500)

Best time in course: 31:03

Rank in category: 59(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	10:25	5:12	64	3:40	320	4:22	2.00	10:25	5:12	32	1:57	159	1:55
Runde	2.00	9:28	4:44	54	2:33	228	3:22	4.00	19:53	4:58	49	2:44	238	7:35
Runde	2.00	9:49	4:54	60	2:44	251	3:35	6.00	29:42	4:57	49	3:50	118	11:10
Runde	2.00	10:02	5:00	63	2:55	273	3:46	8.00	39:44	4:58	49	5:05	235	14:56
Leichtathletikhalle	2.00	9:26	4:43	54	2:38	226	3:15	10.00	49:10	4:54	59	14:29	263	22:42