



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Arpasi, Alexander

Club: Gotha

Number: 1337

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 46:30

Speed: 12.90 km/h

Running performance: 4:39 min/km

Rank in course/Total: 195 (of 618)

Rank in course/Men: 183 (of 500)

Best time in course: 31:03

Rank in category: 44(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	9:03	4:31	37	2:18	165	3:00	2.00	9:03	4:31	99	0:35	466	0:33
Runde	2.00	9:15	4:37	48	2:20	195	3:09	4.00	18:18	4:34	55	1:09	223	6:00
Runde	2.00	9:25	4:42	50	2:20	202	3:11	6.00	27:43	4:37	55	1:51	260	9:11
Runde	2.00	9:33	4:46	51	2:26	208	3:17	8.00	37:16	4:39	55	2:37	260	12:28
Leichtathletikhalle	2.00	9:14	4:36	47	2:26	199	3:03	10.00	46:30	4:39	44	11:49	184	20:02