



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Mey, Marcus

Club: Sparkasse Mittelthüringen

Number: 1252

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:06:28

Speed: 9.03 km/h

Running performance: 6:39 min/km

Rank in course/Total: 602 (of 618)

Rank in course/Men: 492 (of 500)

Best time in course: 31:03

Rank in category: 106(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	km			Time	min/km
Runde	2.00	12:44	6:21	106	5:59	493	6:41	2.00	12:44	6:21	72	4:16	333	4:14
Runde	2.00	13:06	6:32	107	6:11	497	7:00	4.00	25:50	6:27	94	8:41	431	13:32
Runde	2.00	13:17	6:38	106	6:12	493	7:03	6.00	39:07	6:31	94	13:15	428	20:35
Runde	2.00	13:53	6:56	106	6:46	494	7:37	8.00	53:00	6:37	94	18:21	428	28:12
Leichtathletikhalle	2.00	13:28	6:44	106	6:40	492	7:17	10.00	1:06:28	6:38	106	31:47	493	40:00