



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schmeißer, Christian

Club: LG Großenlupnitz

Number: 1533

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:21

Speed: 13.53 km/h

Running performance: 4:26 min/km

Rank in course/Total: 138 (of 618)

Rank in course/Men: 130 (of 500)

Best time in course: 31:03

Rank in category: 33(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	7:59	3:59	16	1:14	62	1:56	2.00	7:59	3:59	89		423	
Runde	2.00	8:25	4:12	20	1:30	82	2:19	4.00	16:24	4:05	98		439	4:06
Runde	2.00	8:58	4:29	33	1:53	134	2:44	6.00	25:22	4:13	98		436	6:50
Runde	2.00	9:27	4:43	45	2:20	192	3:11	8.00	34:49	4:21	98	0:10	436	10:01
Leichtathletikhalle	2.00	9:32	4:46	58	2:44	240	3:21	10.00	44:21	4:26	33	9:40	131	17:53