



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Fritsch, Steve

Club: Erfurt
Number: 1182

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 42:16

Speed: 14.20 km/h

Running performance: 4:14 min/km

Rank in course/Total: 81 (of 618)

Rank in course/Men: 75 (of 500)

Best time in course: 31:03

Rank in category: 19(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	8:43	4:21	30	1:58	136	2:40	2.00	8:43	4:21	5	0:15	12	0:13
Runde	2.00	8:23	4:11	19	1:28	79	2:17	4.00	17:06	4:16	7		28	4:48
Runde	2.00	8:29	4:14	19	1:24	76	2:15	6.00	25:35	4:15	7		28	7:03
Runde	2.00	8:34	4:16	16	1:27	71	2:18	8.00	34:09	4:16	7		27	9:21
Leichtathletikhalle	2.00	8:07	4:03	13	1:19	49	1:56	10.00	42:16	4:13	19	7:35	76	15:48