



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Meier, Rene

Club: 1. SV Dienststedt-Hettstedt

Number: 1704

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:02

Speed: 12.76 km/h

Running performance: 4:42 min/km

Rank in course/Total: 216 (of 618)

Rank in course/Men: 202 (of 500)

Best time in course: 31:03

Rank in category: 74(of 171)

Best time in the category: 34:32

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	9:25	4:42	73	2:47	204	3:22	2.00	9:25	4:42	25	0:55	60	0:55
Runde	2.00	9:15	4:37	75	2:24	195	3:09	4.00	18:40	4:40	40	4:22	109	6:22
Runde	2.00	9:32	4:46	82	2:24	219	3:18	6.00	28:12	4:42	38	6:32	106	9:40
Runde	2.00	9:40	4:49	79	2:40	220	3:24	8.00	37:52	4:44	38	8:53	106	13:04
Leichtathletikhalle	2.00	9:10	4:34	72	2:15	190	2:59	10.00	47:02	4:42	74	12:30	203	20:34