



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Balsam, Martin

Club: SV Emsetal

Number: 1736

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 51:18

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 353 (of 618)

Rank in course/Men: 319 (of 500)

Best time in course: 31:03

Rank in category: 69 (of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	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	10:46	5:23	74	4:01	373	4:43	2.00	10:46	5:23	14	2:18	63	2:16	
Runde	2.00	9:48	4:54	62	2:53	276	3:42	4.00	20:34	5:08	25	3:25	112	8:16	
Runde	2.00	10:41	5:20	80	3:36	377	4:27	6.00	31:15	5:12	46	5:23	222	12:43	
Runde	2.00	9:57	4:58	59	2:50	261	3:41	8.00	41:12	5:09	46	6:33	222	16:24	
Leichtathletikhalle	2.00	10:06	5:02	71	3:18	313	3:55	10.00	51:18	5:07	69	16:37	320	24:50	