



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Merten, Marco

Total time: 55:26

Number: 1516

Speed: 10.82 km/h

Running performance: 5:32 min/km

Course: 10.00 km

Rank in course/Total: 489 (of 618)

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Rank in course/Men: 423 (of 500)

Best time in course: 31:03

Category:

Rank in category: 151(of 171)

Senioren M40 (40-49 Jahre)

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	10:32	5:15	123	3:54	337	4:29	2.00	10:32	5:15	64	2:02	164	2:02
Runde	2.00	10:37	5:18	144	3:46	397	4:31	4.00	21:09	5:17	74	6:51	197	8:51
Runde	2.00	11:09	5:34	148	4:01	422	4:55	6.00	32:18	5:22	95	10:38	266	13:46
Runde	2.00	11:35	5:47	156	4:35	441	5:19	8.00	43:53	5:29	95	14:54	266	19:05
Leichtathletikhalle	2.00	11:33	5:46	156	4:38	447	5:22	10.00	55:26	5:32	151	20:54	424	28:58