



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Steinmetz, Matthias

Club: RV Elxleben

Number: 1206

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Männer (20-29 Jahre)

Total time: 48:38

Speed: 12.34 km/h

Running performance: 4:52 min/km

Rank in course/Total: 267 (of 618)

Rank in course/Men: 247 (of 500)

Best time in course: 31:03

Rank in category: 54(of 82)

Best time in the category: 31:03

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	10:41	5:20	65	4:38	360	4:38	2.00	10:41	5:20	11	0:53	157	2:11
Runde	2.00	9:48	4:54	56	3:34	276	3:42	4.00	20:29	5:07	12	1:56	230	8:11
Runde	2.00	9:41	4:50	51	3:27	235	3:27	6.00	30:10	5:01	12	1:20	324	11:38
Runde	2.00	9:45	4:52	54	3:29	239	3:29	8.00	39:55	4:59	12	1:11	339	15:07
Leichtathletikhalle	2.00	8:43	4:21	31	2:32	120	2:32	10.00	48:38	4:51	55	22:10	248	22:10