



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Blamberg, Oliver

Club: SV Union Friemar

Number: 1336

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:26

Speed: 13.50 km/h

Running performance: 4:26 min/km

Rank in course/Total: 140 (of 618)

Rank in course/Men: 132 (of 500)

Best time in course: 31:03

Rank in category: 34(of 107)

Best time in the category: 34:41

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	8:48	4:24	33	2:03	144	2:45	2.00	8:48	4:24	68	0:20	58	0:18
Runde	2.00	8:28	4:14	21	1:33	86	2:22	4.00	17:16	4:18	89	0:07	420	4:58
Runde	2.00	8:50	4:25	28	1:45	113	2:36	6.00	26:06	4:21	89	0:14	417	7:34
Runde	2.00	9:10	4:34	37	2:03	149	2:54	8.00	35:16	4:24	4	0:37	20	10:28
Leichtathletikhalle	2.00	9:10	4:34	46	2:22	190	2:59	10.00	44:26	4:26	34	9:45	133	17:58