



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Steinbach, Michael

Club: Sömmerda

Number: 1085

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 1:01:31

Speed: 9.75 km/h

Running performance: 6:09 min/km

Rank in course/Total: 579 (of 618)

Rank in course/Men: 479 (of 500)

Best time in course: 31:03

Rank in category: 101(of 107)

Best time in the category: 34:41

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	12:00	6:00	98	5:15	473	5:57	2.00	12:00	6:00	71	3:32	330	3:30
Runde	2.00	11:55	5:57	103	5:00	481	5:49	4.00	23:55	5:58	93	6:46	428	11:37
Runde	2.00	12:12	6:05	100	5:07	477	5:58	6.00	36:07	6:01	93	10:15	425	17:35
Runde	2.00	12:40	6:19	102	5:33	485	6:24	8.00	48:47	6:05	93	14:08	425	23:59
Leichtathletikhalle	2.00	12:44	6:21	100	5:56	482	6:33	10.00	1:01:31	6:09	101	26:50	480	35:03