



40. Erfurter Silvesterlauf

Erfurt / 31.12.2013

Detailed evaluation

Meersteiner, Thomas

Club: ASV Erfurt

Number: 1360

Course: 10.00 km

Wertungslauf um den Braugold-Pokal

Category:

Senioren M30 (30-39 Jahre)

Total time: 42:27

Speed: 14.13 km/h

Running performance: 4:14 min/km

Rank in course/Total: 82 (of 686)

Rank in course/Men: 74 (of 543)

Best time in course: 29:39

Rank in category: 25(of 136)

Best time in the category: 32:18

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			Men	Men								km
Runde	2.00	8:46	4:23	30	2:21	108	2:44	2.00	8:46	4:23	19	2:21	52	2:44
Runde	2.00	8:15	4:07	19	1:43	56	2:18	4.00	17:01	4:15	22	4:04	66	5:02
Runde	2.00	8:30	4:15	25	1:50	72	2:35	6.00	25:31	4:15	22	5:54	65	7:37
Runde	2.00	8:33	4:16	24	2:05	67	2:38	8.00	34:04	4:15	22	7:59	64	10:15
Leichtathletikhalle	2.00	8:23	4:11	25	2:10	73	2:33	10.00	42:27	4:14	25	10:09	74	12:48