



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Behlau, Thorsten

Club: LG Deiringsen

Number: 1868

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 36:07

Speed: 16.61 km/h

Running performance: 3:37 min/km

Rank in course/Total: 15 (of 618)

Rank in course/Men: 15 (of 500)

Best time in course: 31:03

Rank in category: 2(of 171)

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	7:02	3:30	2	0:24	20	0:59	2.00	7:02	3:30	139			405	
Runde	2.00	7:16	3:38	2	0:25	16	1:10	4.00	14:18	3:34	1	-	5	2:00	
Runde	2.00	7:22	3:40	2	0:14	17	1:08	6.00	21:40	3:36	1	-	5	3:08	
Runde	2.00	7:19	3:39	2	0:19	14	1:03	8.00	28:59	3:37	1	-	5	4:11	
Leichtathletikhalle	2.00	7:08	3:34	2	0:13	13	0:57	10.00	36:07	3:36	2	1:35	16	9:39	