



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kunze, Axel

Club: Erfurt

Number: 1314

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:31

Speed: 13.79 km/h

Running performance: 4:21 min/km

Rank in course/Total: 112 (of 618)

Rank in course/Men: 105 (of 500)

Best time in course: 31:03

Rank in category: 41(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	9:16	4:38	67	2:38	187	3:13	2.00	9:16	4:38	168	0:46	488	0:46
Runde	2.00	8:33	4:16	34	1:42	99	2:27	4.00	17:49	4:27	7	3:31	18	5:31
Runde	2.00	8:32	4:15	27	1:24	80	2:18	6.00	26:21	4:23	7	4:41	18	7:49
Runde	2.00	8:37	4:18	24	1:37	75	2:21	8.00	34:58	4:22	7	5:59	18	10:10
Leichtathletikhalle	2.00	8:33	4:16	33	1:38	97	2:22	10.00	43:31	4:21	41	8:59	106	17:03