



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Baumgärtel, Dirk

Club: Suhl

Number: 1474

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:48

Speed: 14.02 km/h

Running performance: 4:17 min/km

Rank in course/Total: 94 (of 618)

Rank in course/Men: 88 (of 500)

Best time in course: 31:03

Rank in category: 31(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	8:31	4:15	36	1:53	104	2:28	2.00	8:31	4:15	4	0:01	10	0:01
Runde	2.00	8:27	4:13	28	1:36	85	2:21	4.00	16:58	4:14	2	2:40	7	4:40
Runde	2.00	8:30	4:15	25	1:22	78	2:16	6.00	25:28	4:14	8	3:48	24	6:56
Runde	2.00	8:40	4:19	27	1:40	82	2:24	8.00	34:08	4:15	8	5:09	24	9:20
Leichtathletikhalle	2.00	8:40	4:19	42	1:45	114	2:29	10.00	42:48	4:16	31	8:16	89	16:20