



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kouschil, Thomas

Club: Klemme AG Nordhausen

Number: 1234

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: **42:41**

Speed: 14.06 km/h

Running performance: 4:16 min/km

Rank in course/Total: 90 (of 618)

Rank in course/Men: 84 (of 500)

Best time in course: 31:03

Rank in category: 29(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	8:03	4:01	22	1:25	67	2:00	2.00	8:03	4:01	148		428	
Runde	2.00	8:34	4:16	35	1:43	102	2:28	4.00	16:37	4:09	9	2:19	27	4:19
Runde	2.00	8:44	4:21	33	1:36	96	2:30	6.00	25:21	4:13	9	3:41	27	6:49
Runde	2.00	8:48	4:24	30	1:48	94	2:32	8.00	34:09	4:16	9	5:10	27	9:21
Leichtathletikhalle	2.00	8:32	4:15	32	1:37	95	2:21	10.00	42:41	4:16	29	8:09	85	16:13