



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

sickel, steffen

Club: walschleben

Number: 1358

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:27

Speed: 13.81 km/h

Running performance: 4:20 min/km

Rank in course/Total: 109 (of 618)

Rank in course/Men: 102 (of 500)

Best time in course: 31:03

Rank in category: 38(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	8:39	4:19	46	2:01	123	2:36	2.00	8:39	4:19	5	0:09	13	0:09
Runde	2.00	8:30	4:15	33	1:39	95	2:24	4.00	17:09	4:17	10	2:51	8	4:51
Runde	2.00	8:41	4:20	30	1:33	90	2:27	6.00	25:50	4:18	10	4:10	29	7:18
Runde	2.00	8:53	4:26	36	1:53	105	2:37	8.00	34:43	4:20	10	5:44	29	9:55
Leichtathletikhalle	2.00	8:44	4:21	47	1:49	125	2:33	10.00	43:27	4:20	38	8:55	103	16:59