



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Bürger, Thomas

Club: Hörselberg-Hainich

Number: 1108

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:40

Speed: 14.06 km/h

Running performance: 4:16 min/km

Rank in course/Total: 89 (of 618)

Rank in course/Men: 83 (of 500)

Best time in course: 31:03

Rank in category: 28(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	8:42	4:20	52	2:04	133	2:39	2.00	8:42	4:20	8	0:12	21	0:12
Runde	2.00	8:18	4:09	24	1:27	69	2:12	4.00	17:00	4:15	14	2:42	39	4:42
Runde	2.00	8:27	4:13	24	1:19	72	2:13	6.00	25:27	4:14	14	3:47	39	6:55
Runde	2.00	8:42	4:20	28	1:42	85	2:26	8.00	34:09	4:16	9	5:10	27	9:21
Leichtathletikhalle	2.00	8:31	4:15	30	1:36	92	2:20	10.00	42:40	4:15	28	8:08	84	16:12