



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Zuber, Olaf

Club: Erfurt

Number: 1331

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:35

Speed: 14.09 km/h

Running performance: 4:16 min/km

Rank in course/Total: 86 (of 618)

Rank in course/Men: 80 (of 500)

Best time in course: 31:03

Rank in category: 26(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	8:08	4:03	23	1:30	72	2:05	2.00	8:08	4:03	149		433	
Runde	2.00	8:28	4:14	29	1:37	86	2:22	4.00	16:36	4:09	15	2:18	41	4:18
Runde	2.00	8:36	4:17	29	1:28	85	2:22	6.00	25:12	4:12	15	3:32	41	6:40
Runde	2.00	8:49	4:24	33	1:49	97	2:33	8.00	34:01	4:15	15	5:02	41	9:13
Leichtathletikhalle	2.00	8:34	4:16	36	1:39	100	2:23	10.00	42:35	4:15	26	8:03	81	16:07