



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heß, Karsten

Club: Eisenach

Number: 1293

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 39:41

Speed: 15.12 km/h

Running performance: 3:58 min/km

Rank in course/Total: 41 (of 618)

Rank in course/Men: 38 (of 500)

Best time in course: 31:03

Rank in category: 10(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	7:33	3:46	8	0:55	37	1:30	2.00	7:33	3:46	10		23	
Runde	2.00	7:55	3:57	9	1:04	38	1:49	4.00	15:28	3:52	18	1:10	44	3:10
Runde	2.00	8:03	4:01	11	0:55	39	1:49	6.00	23:31	3:55	18	1:51	44	4:59
Runde	2.00	8:07	4:03	10	1:07	37	1:51	8.00	31:38	3:57	18	2:39	44	6:50
Leichtathletikhalle	2.00	8:03	4:01	14	1:08	46	1:52	10.00	39:41	3:58	10	5:09	39	13:13