



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Weiß, Steffen

Club: WSV Ilmenau 1908e.v.

Number: 1171

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 43:19

Speed: 13.85 km/h

Running performance: 4:20 min/km

Rank in course/Total: 106 (of 618)

Rank in course/Men: 99 (of 500)

Best time in course: 31:03

Rank in category: 9(of 89)

Best time in the category: 36:19

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	8:40	4:19	12	1:40	126	2:37	2.00	8:40	4:19	49	0:16	15	0:10
Runde	2.00	8:43	4:21	12	1:25	125	2:37	4.00	17:23	4:20	63		48	5:05
Runde	2.00	8:47	4:23	9	1:26	104	2:33	6.00	26:10	4:21	63		47	7:38
Runde	2.00	8:40	4:19	8	1:19	82	2:24	8.00	34:50	4:21	63		13	10:02
Leichtathletikhalle	2.00	8:29	4:14	9	1:10	89	2:18	10.00	43:19	4:19	9	7:00	100	16:51