



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Welke, Jens

Club: Lauffreunde Lossatal

Number: 1301

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 41:45

Speed: 14.37 km/h

Running performance: 4:11 min/km

Rank in course/Total: 75 (of 618)

Rank in course/Men: 69 (of 500)

Best time in course: 31:03

Rank in category: 22(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	8:35	4:17	41	1:57	115	2:32	2.00	8:35	4:17	9	0:05	22	0:05
Runde	2.00	8:08	4:03	18	1:17	54	2:02	4.00	16:43	4:10	21	2:25	52	4:25
Runde	2.00	8:22	4:11	19	1:14	63	2:08	6.00	25:05	4:10	17	3:25	22	6:33
Runde	2.00	8:28	4:14	20	1:28	59	2:12	8.00	33:33	4:11	17	4:34	43	8:45
Leichtathletikhalle	2.00	8:12	4:05	20	1:17	58	2:01	10.00	41:45	4:10	22	7:13	70	15:17