



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kindervater, Lars

Club: FSV Schernberg

Number: 1702

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 40:27

Speed: 14.83 km/h

Running performance: 4:02 min/km

Rank in course/Total: 46 (of 618)

Rank in course/Men: 42 (of 500)

Best time in course: 31:03

Rank in category: 13(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	8:10	4:04	25	1:32	75	2:07	2.00	8:10	4:04	151		436	
Runde	2.00	7:57	3:58	10	1:06	39	1:51	4.00	16:07	4:01	24	1:49	73	3:49
Runde	2.00	8:07	4:03	12	0:59	42	1:53	6.00	24:14	4:02	23	2:34	71	5:42
Runde	2.00	8:13	4:06	12	1:13	43	1:57	8.00	32:27	4:03	23	3:28	66	7:39
Leichtathletikhalle	2.00	8:00	4:00	13	1:05	44	1:49	10.00	40:27	4:02	13	5:55	43	13:59