



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Knoll, Markus

Club: KS Sportsworld

Number: 1419

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:55

Speed: 13.66 km/h

Running performance: 4:23 min/km

Rank in course/Total: 120 (of 618)

Rank in course/Men: 113 (of 500)

Best time in course: 31:03

Rank in category: 45(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	8:27	4:13	32	1:49	94	2:24	2.00	8:27	4:13	16		40	
Runde	2.00	8:47	4:23	54	1:56	134	2:41	4.00	17:14	4:18	26	2:56	75	4:56
Runde	2.00	8:55	4:27	45	1:47	123	2:41	6.00	26:09	4:21	25	4:29	73	7:37
Runde	2.00	9:05	4:32	52	2:05	134	2:49	8.00	35:14	4:24	25	6:15	73	10:26
Leichtathletikhalle	2.00	8:41	4:20	43	1:46	115	2:30	10.00	43:55	4:23	45	9:23	114	17:27