



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Erfurt, Sascha

Club: WSG Roter Berg 1990 e.V.

Number: 1400

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 41:35

Speed: 14.43 km/h

Running performance: 4:10 min/km

Rank in course/Total: 68 (of 618)

Rank in course/Men: 63 (of 500)

Best time in course: 31:03

Rank in category: 21(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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	7:35	3:47	9	0:57	38	1:32	2.00	7:35	3:47	18			42	
Runde	2.00	8:08	4:03	18	1:17	54	2:02	4.00	15:43	3:55	28	1:25	80	3:25	
Runde	2.00	8:45	4:22	35	1:37	100	2:31	6.00	24:28	4:04	27	2:48	78	5:56	
Runde	2.00	8:49	4:24	33	1:49	97	2:33	8.00	33:17	4:09	27	4:18	78	8:29	
Leichtathletikhalle	2.00	8:18	4:09	26	1:23	69	2:07	10.00	41:35	4:09	21	7:03	64	15:07	