



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Becker, Frank

Club: USV Erfurt

Number: 1238

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 39:21

Speed: 15.25 km/h

Running performance: 3:56 min/km

Rank in course/Total: 38 (of 618)

Rank in course/Men: 35 (of 500)

Best time in course: 31:03

Rank in category: 8(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	7:44	3:52	14	1:06	45	1:41	2.00	7:44	3:52	20			17	
Runde	2.00	7:52	3:55	7	1:01	36	1:46	4.00	15:36	3:53	31	1:18		86	3:18
Runde	2.00	8:01	4:00	8	0:53	36	1:47	6.00	23:37	3:56	30	1:57		84	5:05
Runde	2.00	8:01	4:00	7	1:01	30	1:45	8.00	31:38	3:57	18	2:39		44	6:50
Leichtathletikhalle	2.00	7:43	3:51	7	0:48	27	1:32	10.00	39:21	3:56	8	4:49		36	12:53