



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kummer, Steffen

Club: Leinatal OT Schönau v.d. Walde
Number: 1241

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:42

Speed: 13.73 km/h

Running performance: 4:22 min/km

Rank in course/Total: 117 (of 618)

Rank in course/Men: 110 (of 500)

Best time in course: 31:03

Rank in category: 44(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	8:48	4:24	54	2:10	144	2:45	2.00	8:48	4:24	24	0:18	58	0:18
Runde	2.00	8:42	4:20	45	1:51	123	2:36	4.00	17:30	4:22	38	3:12	105	5:12
Runde	2.00	8:55	4:27	45	1:47	123	2:41	6.00	26:25	4:24	36	4:45	102	7:53
Runde	2.00	9:07	4:33	53	2:07	138	2:51	8.00	35:32	4:26	36	6:33	102	10:44
Leichtathletikhalle	2.00	8:10	4:04	17	1:15	54	1:59	10.00	43:42	4:22	44	9:10	111	17:14