



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

### Jarausch, Hagen

Club: ASV Erfurt

Number: 1260

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:28

Speed: 13.80 km/h

Running performance: 4:21 min/km

Rank in course/Total: 110 (of 618)

Rank in course/Men: 103 (of 500)

Best time in course: 31:03

Rank in category: 39(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	8:40	4:19	49	2:02	126	2:37	2.00	8:40	4:19	26	0:10	15	0:10
Runde	2.00	8:29	4:14	32	1:38	93	2:23	4.00	17:09	4:17	10	2:51	8	4:51
Runde	2.00	8:41	4:20	30	1:33	90	2:27	6.00	25:50	4:18	10	4:10	29	7:18
Runde	2.00	8:53	4:26	36	1:53	105	2:37	8.00	34:43	4:20	10	5:44	29	9:55
Leichtathletikhalle	2.00	8:45	4:22	49	1:50	128	2:34	10.00	43:28	4:20	39	8:56	104	17:00