



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sonntag, Sven

Club: Arnstadt

Number: 1712

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 40:39

Speed: 14.76 km/h

Running performance: 4:04 min/km

Rank in course/Total: 54 (of 618)

Rank in course/Men: 49 (of 500)

Best time in course: 31:03

Rank in category: 15(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	7:59	3:59	20	1:21	62	1:56	2.00	7:59	3:59	146			423	
Runde	2.00	8:00	4:00	14	1:09	46	1:54	4.00	15:59	3:59	42	1:41	70	3:41	
Runde	2.00	8:10	4:04	13	1:02	45	1:56	6.00	24:09	4:01	40	2:29	34	5:37	
Runde	2.00	8:22	4:11	18	1:22	54	2:06	8.00	32:31	4:03	21	3:32	67	7:43	
Leichtathletikhalle	2.00	8:08	4:03	15	1:13	51	1:57	10.00	40:39	4:03	15	6:07	50	14:11	