



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Diezel, Uwe

Club: SWE-Laufteam

Number: 1187

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 38:57

Speed: 15.40 km/h

Running performance: 3:54 min/km

Rank in course/Total: 33 (of 618)

Rank in course/Men: 31 (of 500)

Best time in course: 31:03

Rank in category: 6(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking						
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	7:20	3:39	6	0:42	28	1:17	2.00	7:20	3:39	143			413	
Runde	2.00	7:40	3:50	5	0:49	31	1:34	4.00	15:00	3:45	39	0:42	99	2:42	
Runde	2.00	7:55	3:57	6	0:47	31	1:41	6.00	22:55	3:49	41	1:15	120	4:23	
Runde	2.00	8:08	4:03	11	1:08	38	1:52	8.00	31:03	3:52	41	2:04	120	6:15	
Leichtathletikhalle	2.00	7:54	3:57	10	0:59	37	1:43	10.00	38:57	3:53	6	4:25	32	12:29	