



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Brückner, Andreas

Club: Bad Sulza

Number: 1166

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:38

Speed: 12.60 km/h

Running performance: 4:46 min/km

Rank in course/Total: 234 (of 618)

Rank in course/Men: 219 (of 500)

Best time in course: 31:03

Rank in category: 81(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:14	4:36	64	2:36	183	3:11	2.00	9:14	4:36	165	0:44	484	0:44
Runde	2.00	9:23	4:41	79	2:32	213	3:17	4.00	18:37	4:39	45	4:19	138	6:19
Runde	2.00	9:31	4:45	81	2:23	217	3:17	6.00	28:08	4:41	43	6:28	132	9:36
Runde	2.00	9:48	4:54	84	2:48	245	3:32	8.00	37:56	4:44	43	8:57	135	13:08
Leichtathletikhalle	2.00	9:42	4:50	88	2:47	262	3:31	10.00	47:38	4:45	81	13:06	220	21:10