



## 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

### Detailed evaluation

**Lindner, Steffen**

Club: Erfurt

Number: 1698

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:19

Speed: 12.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 227 (of 618)

Rank in course/Men: 211 (of 500)

Best time in course: 31:03

Rank in category: 77(of 171)

Best time in the category: 34:32

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|---------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde               | 2.00        | 10:19         | 5:09            | 112         | 3:41           | 308        | 4:16          | 2.00        | 10:19         | 5:09            | 32          | 1:49           | 85         | 1:49          |
| Runde               | 2.00        | 9:20          | 4:40            | 78          | 2:29           | 204        | 3:14          | 4.00        | 19:39         | 4:54            | 50          | 5:21           | 147        | 7:21          |
| Runde               | 2.00        | 9:24          | 4:42            | 74          | 2:16           | 200        | 3:10          | 6.00        | 29:03         | 4:50            | 48          | 7:23           | 144        | 10:31         |
| Runde               | 2.00        | 9:26          | 4:43            | 70          | 2:26           | 188        | 3:10          | 8.00        | 38:29         | 4:48            | 48          | 9:30           | 144        | 13:41         |
| Leichtathletikhalle | 2.00        | 8:50          | 4:25            | 54          | 1:55           | 138        | 2:39          | 10.00       | 47:19         | 4:43            | 77          | 12:47          | 212        | 20:51         |