



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Reuter, Marcel

Club: Friedrichroda

Number: 1541

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:47

Speed: 12.83 km/h

Running performance: 4:41 min/km

Rank in course/Total: 208 (of 618)

Rank in course/Men: 194 (of 500)

Best time in course: 31:03

Rank in category: 73(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	9:49	4:54	90	3:11	259	3:46	2.00	9:49	4:54	33	1:19	86	1:19
Runde	2.00	9:16	4:38	76	2:25	198	3:10	4.00	19:05	4:46	51	4:47	149	6:47
Runde	2.00	9:26	4:43	77	2:18	209	3:12	6.00	28:31	4:45	49	6:51	146	9:59
Runde	2.00	9:28	4:44	73	2:28	196	3:12	8.00	37:59	4:44	49	9:00	146	13:11
Leichtathletikhalle	2.00	8:48	4:24	51	1:53	132	2:37	10.00	46:47	4:40	73	12:15	195	20:19