



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rosahl, Steffen

Club: Erfurt

Number: 1390

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:11

Speed: 12.72 km/h

Running performance: 4:43 min/km

Rank in course/Total: 222 (of 618)

Rank in course/Men: 207 (of 500)

Best time in course: 31:03

Rank in category: 75(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	9:24	4:42	71	2:46	200	3:21	2.00	9:24	4:42	35	0:54	89	0:54
Runde	2.00	9:12	4:35	71	2:21	186	3:06	4.00	18:36	4:39	55	4:18	154	6:18
Runde	2.00	9:27	4:43	79	2:19	211	3:13	6.00	28:03	4:40	53	6:23	151	9:31
Runde	2.00	9:41	4:50	80	2:41	224	3:25	8.00	37:44	4:43	53	8:45	151	12:56
Leichtathletikhalle	2.00	9:27	4:43	80	2:32	228	3:16	10.00	47:11	4:43	75	12:39	208	20:43