



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Krotky, Matthias

Club: Speyer

Number: 1318

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 41:49

Speed: 14.35 km/h

Running performance: 4:11 min/km

Rank in course/Total: 76 (of 618)

Rank in course/Men: 71 (of 500)

Best time in course: 31:03

Rank in category: 24(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	8:34	4:16	38	1:56	108	2:31	2.00	8:34	4:16	27	0:04	11	0:04
Runde	2.00	8:21	4:10	26	1:30	73	2:15	4.00	16:55	4:13	57	2:37	163	4:37
Runde	2.00	8:26	4:13	23	1:18	71	2:12	6.00	25:21	4:13	9	3:41	27	6:49
Runde	2.00	8:17	4:08	13	1:17	46	2:01	8.00	33:38	4:12	55	4:39	160	8:50
Leichtathletikhalle	2.00	8:11	4:05	18	1:16	56	2:00	10.00	41:49	4:10	24	7:17	72	15:21