



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kreim, Martin

Club: Gerstungen

Number: 1863

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:34

Speed: 12.61 km/h

Running performance: 4:46 min/km

Rank in course/Total: 233 (of 618)

Rank in course/Men: 217 (of 500)

Best time in course: 31:03

Rank in category: 80(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:03	5:01	101	3:25	283	4:00	2.00	10:03	5:01	38	1:33	99	1:33
Runde	2.00	9:28	4:44	83	2:37	228	3:22	4.00	19:31	4:52	58	5:13	169	7:13
Runde	2.00	9:25	4:42	75	2:17	202	3:11	6.00	28:56	4:49	56	7:16	166	10:24
Runde	2.00	9:31	4:45	75	2:31	203	3:15	8.00	38:27	4:48	56	9:28	166	13:39
Leichtathletikhalle	2.00	9:07	4:33	69	2:12	178	2:56	10.00	47:34	4:45	80	13:02	218	21:06