



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Niederhausen, Stephan

Club: TriTeam Fuldata1

Number: 1214

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 39:17

Speed: 15.27 km/h

Running performance: 3:56 min/km

Rank in course/Total: 37 (of 618)

Rank in course/Men: 34 (of 500)

Best time in course: 31:03

Rank in category: 7(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	7:37	3:48	11	0:59	40	1:34	2.00	7:37	3:48	41		7	
Runde	2.00	7:59	3:59	12	1:08	42	1:53	4.00	15:36	3:53	31	1:18	86	3:18
Runde	2.00	8:01	4:00	8	0:53	36	1:47	6.00	23:37	3:56	30	1:57	84	5:05
Runde	2.00	8:00	4:00	5	1:00	28	1:44	8.00	31:37	3:57	59	2:38	172	6:49
Leichtathletikhalle	2.00	7:40	3:50	5	0:45	25	1:29	10.00	39:17	3:55	7	4:45	35	12:49