



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Giersberg, Holger

Club: Erfurt
Number: 1463

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:03

Speed: 10.90 km/h

Running performance: 5:30 min/km

Rank in course/Total: 478 (of 618)

Rank in course/Men: 416 (of 500)

Best time in course: 31:03

Rank in category: 149(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 | 11:53 | 5:56 | 160 | 5:15 | 466 | 5:50 | 2.00 | 11:53 | 5:56 | 61 | 3:23 | 142 | 3:23 |
| Runde | 2.00 | 11:11 | 5:35 | 155 | 4:20 | 443 | 5:05 | 4.00 | 23:04 | 5:46 | 85 | 8:46 | 219 | 10:46 |
| Runde | 2.00 | 11:02 | 5:30 | 145 | 3:54 | 413 | 4:48 | 6.00 | 34:06 | 5:41 | 83 | 12:26 | 216 | 15:34 |
| Runde | 2.00 | 10:51 | 5:25 | 133 | 3:51 | 375 | 4:35 | 8.00 | 44:57 | 5:37 | 83 | 15:58 | 216 | 20:09 |
| Leichtathletikhalle | 2.00 | 10:06 | 5:02 | 109 | 3:11 | 313 | 3:55 | 10.00 | 55:03 | 5:30 | 149 | 20:31 | 417 | 28:35 |