



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wolter, Steffen

Club: Rennsteigspirit

Number: 1389

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:04

Speed: 11.10 km/h

Running performance: 5:25 min/km

Rank in course/Total: 451 (of 618)

Rank in course/Men: 396 (of 500)

Best time in course: 31:03

Rank in category: 141(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	10:47	5:23	139	4:09	377	4:44	2.00	10:47	5:23	62	2:17	155	2:17
Runde	2.00	10:00	5:00	118	3:09	320	3:54	4.00	20:47	5:11	86	6:29	234	8:29
Runde	2.00	10:25	5:12	126	3:17	349	4:11	6.00	31:12	5:12	84	9:32	231	12:40
Runde	2.00	11:29	5:44	154	4:29	437	5:13	8.00	42:41	5:20	84	13:42	231	17:53
Leichtathletikhalle	2.00	11:23	5:41	154	4:28	437	5:12	10.00	54:04	5:24	141	19:32	397	27:36