



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Knabe, Ingo

Club: Martinroda

Number: 1035

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:11

Speed: 11.72 km/h

Running performance: 5:07 min/km

Rank in course/Total: 347 (of 618)

Rank in course/Men: 314 (of 500)

Best time in course: 31:03

Rank in category: 111(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	10:30	5:15	120	3:52	332	4:27	2.00	10:30	5:15	48	2:00	119	2:00
Runde	2.00	9:49	4:54	101	2:58	282	3:43	4.00	20:19	5:04	87	6:01	203	8:01
Runde	2.00	10:09	5:04	110	3:01	303	3:55	6.00	30:28	5:04	85	8:48	239	11:56
Runde	2.00	10:22	5:11	116	3:22	323	4:06	8.00	40:50	5:06	85	11:51	239	16:02
Leichtathletikhalle	2.00	10:21	5:10	120	3:26	345	4:10	10.00	51:11	5:07	111	16:39	315	24:43