



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sommerfeld, Andreas

Club: Erfurt
Number: 1002

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:28

Speed: 11.66 km/h

Running performance: 5:09 min/km

Rank in course/Total: 364 (of 618)

Rank in course/Men: 329 (of 500)

Best time in course: 31:03

Rank in category: 119(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	10:32	5:15	123	3:54	337	4:29	2.00	10:32	5:15	64	2:02	164	2:02			
Runde	2.00	10:16	5:08	132	3:25	362	4:10	4.00	20:48	5:12	88	6:30	244	8:30			
Runde	2.00	10:23	5:11	125	3:15	344	4:09	6.00	31:11	5:11	86	9:31	241	12:39			
Runde	2.00	10:21	5:10	114	3:21	320	4:05	8.00	41:32	5:11	86	12:33	241	16:44			
Leichtathletikhalle	2.00	9:56	4:58	99	3:01	291	3:45	10.00	51:28	5:08	119	16:56	330	25:00			