



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Paulik, Thomas

Club: Computer Stare

Number: 1735

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:54

Speed: 12.53 km/h

Running performance: 4:47 min/km

Rank in course/Total: 243 (of 618)

Rank in course/Men: 226 (of 500)

Best time in course: 31:03

Rank in category: 84(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	8:24	4:12	30	1:46	91	2:21	2.00	8:24	4:12	28			79	
Runde	2.00	9:17	4:38	77	2:26	199	3:11	4.00	17:41	4:25	94	3:23	171	5:23	
Runde	2.00	9:53	4:56	91	2:45	262	3:39	6.00	27:34	4:35	60	5:54	173	9:02	
Runde	2.00	10:14	5:06	108	3:14	302	3:58	8.00	37:48	4:43	92	8:49	256	13:00	
Leichtathletikhah	2.00	10:06	5:02	109	3:11	313	3:55	10.00	47:54	4:47	84	13:22	227	21:26	