



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Räthel, Jens

Club: TSSC Erfurt

Number: 1457

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:18

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 355 (of 618)

Rank in course/Men: 319 (of 500)

Best time in course: 31:03

Rank in category: 114(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	10:35	5:17	128	3:57	347	4:32	2.00	10:35	5:17	71	2:05	106	2:05
Runde	2.00	9:58	4:59	113	3:07	310	3:52	4.00	20:33	5:08	95	6:15	266	8:15
Runde	2.00	10:08	5:03	108	3:00	298	3:54	6.00	30:41	5:06	69	9:01	190	12:09
Runde	2.00	10:12	5:05	105	3:12	296	3:56	8.00	40:53	5:06	93	11:54	263	16:05
Leichtathletikhalle	2.00	10:25	5:12	123	3:30	353	4:14	10.00	51:18	5:07	114	16:46	320	24:50