



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

scheufler, soeren

Club: Dynamo Südring

Number: 1270

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:30

Speed: 12.37 km/h

Running performance: 4:51 min/km

Rank in course/Total: 263 (of 618)

Rank in course/Men: 243 (of 500)

Best time in course: 31:03

Rank in category: 87(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	9:26	4:43	74	2:48	207	3:23	2.00	9:26	4:43	72	0:56	76	0:56
Runde	2.00	9:25	4:42	82	2:34	221	3:19	4.00	18:51	4:42	96	4:33	94	6:33
Runde	2.00	9:53	4:56	91	2:45	262	3:39	6.00	28:44	4:47	94	7:04	264	10:12
Runde	2.00	10:06	5:02	101	3:06	284	3:50	8.00	38:50	4:51	94	9:51	264	14:02
Leichtathletikhah	2.00	9:40	4:49	86	2:45	256	3:29	10.00	48:30	4:50	87	13:58	244	22:02