



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Fruntke, Thomas

Club: SV 1899 Mühlhausen

Number: 1448

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 40:21

Speed: 14.87 km/h

Running performance: 4:02 min/km

Rank in course/Total: 45 (of 618)

Rank in course/Men: 41 (of 500)

Best time in course: 31:03

Rank in category: 12(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	7:43	3:51	13	1:05	44	1:40	2.00	7:43	3:51	76		200	
Runde	2.00	7:58	3:59	11	1:07	40	1:52	4.00	15:41	3:55	102	1:23	290	3:23
Runde	2.00	8:11	4:05	14	1:03	46	1:57	6.00	23:52	3:58	100	2:12	86	5:20
Runde	2.00	8:18	4:09	14	1:18	48	2:02	8.00	32:10	4:01	100	3:11	287	7:22
Leichtathletikhalle	2.00	8:11	4:05	18	1:16	56	2:00	10.00	40:21	4:02	12	5:49	42	13:53