



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Reisener, Sigurd

Club: ANNA KRAM: Laufend helfen

Number: 1425

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 58:31

Speed: 10.25 km/h

Running performance: 5:51 min/km

Rank in course/Total: 548 (of 618)

Rank in course/Men: 461 (of 500)

Best time in course: 31:03

Rank in category: 158(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	12:21	6:10	168	5:43	487	6:18	2.00	12:21	6:10	77	3:51	206	3:51
Runde	2.00	11:38	5:48	161	4:47	472	5:32	4.00	23:59	5:59	104	9:41	298	11:41
Runde	2.00	11:43	5:51	158	4:35	458	5:29	6.00	35:42	5:57	102	14:02	295	17:10
Runde	2.00	11:32	5:46	155	4:32	439	5:16	8.00	47:14	5:54	102	18:15	295	22:26
Leichtathletikhalle	2.00	11:17	5:38	153	4:22	428	5:06	10.00	58:31	5:51	158	23:59	462	32:03