



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Lux, Andreas

Club: Arnstadt

Number: 1526

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 56:58

Speed: 10.53 km/h

Running performance: 5:42 min/km

Rank in course/Total: 514 (of 618)

Rank in course/Men: 439 (of 500)

Best time in course: 31:03

Rank in category: 153(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	10:23	5:11	114	3:45	316	4:20	2.00	10:23	5:11	80	1:53	114	1:53
Runde	2.00	11:08	5:33	154	4:17	439	5:02	4.00	21:31	5:22	107	7:13	316	9:13
Runde	2.00	11:38	5:48	157	4:30	453	5:24	6.00	33:09	5:31	105	11:29	313	14:37
Runde	2.00	11:59	5:59	160	4:59	457	5:43	8.00	45:08	5:38	105	16:09	313	20:20
Leichtathletikhalle	2.00	11:50	5:55	161	4:55	464	5:39	10.00	56:58	5:41	153	22:26	440	30:30