



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Albrecht, Dirk

Club: Worbis

Number: 1364

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:10

Speed: 11.08 km/h

Running performance: 5:25 min/km

Rank in course/Total: 455 (of 618)

Rank in course/Men: 398 (of 500)

Best time in course: 31:03

Rank in category: 142(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	10:37	5:18	130	3:59	351	4:34	2.00	10:37	5:18	82	2:07	228	2:07
Runde	2.00	10:24	5:12	139	3:33	381	4:18	4.00	21:01	5:15	109	6:43	222	8:43
Runde	2.00	10:50	5:25	141	3:42	393	4:36	6.00	31:51	5:18	107	10:11	219	13:19
Runde	2.00	11:08	5:33	146	4:08	410	4:52	8.00	42:59	5:22	107	14:00	254	18:11
Leichtathletikhalle	2.00	11:11	5:35	149	4:16	421	5:00	10.00	54:10	5:24	142	19:38	399	27:42