



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Jäger, Gerd

Club: Döllbergverein Suhl

Number: 1684

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:42

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 441 (of 618)

Rank in course/Men: 389 (of 500)

Best time in course: 31:03

Rank in category: 138(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	10:49	5:24	142	4:11	381	4:46	2.00	10:49	5:24	83	2:19	233	2:19
Runde	2.00	9:54	4:57	106	3:03	295	3:48	4.00	20:43	5:10	110	6:25	326	8:25
Runde	2.00	10:56	5:28	143	3:48	404	4:42	6.00	31:39	5:16	108	9:59	255	13:07
Runde	2.00	11:23	5:41	151	4:23	425	5:07	8.00	43:02	5:22	108	14:03	323	18:14
Leichtathletikhalle	2.00	10:40	5:19	131	3:45	377	4:29	10.00	53:42	5:22	138	19:10	390	27:14