



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heinze, Thomas

Club: Lauffreunde Zimmernsupra
Number: 1507

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:27

Speed: 11.66 km/h

Running performance: 5:08 min/km

Rank in course/Total: 362 (of 618)

Rank in course/Men: 327 (of 500)

Best time in course: 31:03

Rank in category: 117(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	10:41	5:20	135	4:03	360	4:38	2.00	10:41	5:20	85	2:11	157	2:11			
Runde	2.00	10:15	5:07	129	3:24	359	4:09	4.00	20:56	5:14	112	6:38	329	8:38			
Runde	2.00	10:09	5:04	110	3:01	303	3:55	6.00	31:05	5:10	110	9:25	322	12:33			
Runde	2.00	10:13	5:06	106	3:13	300	3:57	8.00	41:18	5:09	110	12:19	326	16:30			
Leichtathletikhalle	2.00	10:09	5:04	112	3:14	320	3:58	10.00	51:27	5:08	117	16:55	328	24:59			