



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Seehof, Axel

Club: Grosswelsbach

Number: 1484

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:03

Speed: 11.75 km/h

Running performance: 5:07 min/km

Rank in course/Total: 344 (of 618)

Rank in course/Men: 311 (of 500)

Best time in course: 31:03

Rank in category: 109(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	9:29	4:44	75	2:51	211	3:26	2.00	9:29	4:44	55	0:59	138	0:59
Runde	2.00	10:18	5:09	135	3:27	369	4:12	4.00	19:47	4:56	115	5:29	335	7:29
Runde	2.00	10:39	5:19	133	3:31	374	4:25	6.00	30:26	5:04	113	8:46	200	11:54
Runde	2.00	10:24	5:12	118	3:24	327	4:08	8.00	40:50	5:06	85	11:51	239	16:02
Leichtathletikhalle	2.00	10:13	5:06	116	3:18	329	4:02	10.00	51:03	5:06	109	16:31	312	24:35