



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Zschamt, Holger

Club: SWE-Laufteam

Number: 1191

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 1:00:55

Speed: 9.85 km/h

Running performance: 6:05 min/km

Rank in course/Total: 575 (of 618)

Rank in course/Men: 477 (of 500)

Best time in course: 31:03

Rank in category: 163(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	12:15	6:07	165	5:37	482	6:12	2.00	12:15	6:07	90	3:45	246	3:45
Runde	2.00	12:07	6:03	165	5:16	485	6:01	4.00	24:22	6:05	117	10:04	340	12:04
Runde	2.00	12:18	6:09	163	5:10	480	6:04	6.00	36:40	6:06	115	15:00	337	18:08
Runde	2.00	12:28	6:14	164	5:28	477	6:12	8.00	49:08	6:08	115	20:09	337	24:20
Leichtathletikhalle	2.00	11:47	5:53	160	4:52	458	5:36	10.00	1:00:55	6:05	163	26:23	478	34:27