



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kozlik, Jens

Club: Erfurt

Number: 1699

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 57:06

Speed: 10.51 km/h

Running performance: 5:43 min/km

Rank in course/Total: 518 (of 618)

Rank in course/Men: 441 (of 500)

Best time in course: 31:03

Rank in category: 154(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	10:47	5:23	139	4:09	377	4:44	2.00	10:47	5:23	62	2:17	155	2:17
Runde	2.00	11:05	5:32	153	4:14	437	4:59	4.00	21:52	5:28	118	7:34	345	9:34
Runde	2.00	11:26	5:43	156	4:18	449	5:12	6.00	33:18	5:32	116	11:38	342	14:46
Runde	2.00	11:43	5:51	157	4:43	444	5:27	8.00	45:01	5:37	116	16:02	342	20:13
Leichtathletikhalle	2.00	12:05	6:02	163	5:10	472	5:54	10.00	57:06	5:42	154	22:34	442	30:38