



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Triebsees, Lars

Club: Erfurt
Number: 1196

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: 363 (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		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	10:27	5:13	116	3:49	323	4:24	2.00	10:27	5:13	84	1:57	235	1:57
Runde	2.00	10:02	5:00	120	3:11	324	3:56	4.00	20:29	5:07	121	6:11	230	8:11
Runde	2.00	10:09	5:04	110	3:01	303	3:55	6.00	30:38	5:06	119	8:58	351	12:06
Runde	2.00	10:32	5:15	123	3:32	344	4:16	8.00	41:10	5:08	119	12:11	351	16:22
Leichtathletikhalle	2.00	10:17	5:08	118	3:22	338	4:06	10.00	51:27	5:08	117	16:55	328	24:59