



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Plehn, Harald

Club: SSV Erfurt 02

Number: 1299

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:15

Speed: 11.48 km/h

Running performance: 5:13 min/km

Rank in course/Total: 397 (of 618)

Rank in course/Men: 355 (of 500)

Best time in course: 31:03

Rank in category: 127(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:37	5:18	130	3:59	351	4:34	2.00	10:37	5:18	82	2:07	228	2:07
Runde	2.00	10:12	5:05	124	3:21	351	4:06	4.00	20:49	5:12	122	6:31	358	8:31
Runde	2.00	10:13	5:06	117	3:05	318	3:59	6.00	31:02	5:10	120	9:22	355	12:30
Runde	2.00	10:37	5:18	127	3:37	355	4:21	8.00	41:39	5:12	120	12:40	242	16:51
Leichtathletikhalle	2.00	10:36	5:17	129	3:41	370	4:25	10.00	52:15	5:13	127	17:43	356	25:47