



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wieschalla, Holger

Club: Drei Gleichen

Number: 1418

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:20

Speed: 11.69 km/h

Running performance: 5:08 min/km

Rank in course/Total: 356 (of 618)

Rank in course/Men: 321 (of 500)

Best time in course: 31:03

Rank in category: 115(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	10:32	5:15	123	3:54	337	4:29	2.00	10:32	5:15	64	2:02	164	2:02
Runde	2.00	10:23	5:11	138	3:32	379	4:17	4.00	20:55	5:13	123	6:37	359	8:37
Runde	2.00	10:19	5:09	120	3:11	333	4:05	6.00	31:14	5:12	121	9:34	356	12:42
Runde	2.00	10:14	5:06	108	3:14	302	3:58	8.00	41:28	5:11	121	12:29	356	16:40
Leichtathletikhalle	2.00	9:52	4:56	97	2:57	285	3:41	10.00	51:20	5:08	115	16:48	322	24:52