



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schwarz, Rene

Club: Wacker Gotha

Number: 1538

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:11

Speed: 11.28 km/h

Running performance: 5:19 min/km

Rank in course/Total: 417 (of 618)

Rank in course/Men: 372 (of 500)

Best time in course: 31:03

Rank in category: 133(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	10:10	5:04	105	3:32	294	4:07	2.00	10:10	5:04	78	1:40	136	1:40	
Runde	2.00	10:13	5:06	125	3:22	353	4:07	4.00	20:23	5:05	105	6:05	301	8:05	
Runde	2.00	10:37	5:18	132	3:29	371	4:23	6.00	31:00	5:10	122	9:20	357	12:28	
Runde	2.00	10:57	5:28	139	3:57	390	4:41	8.00	41:57	5:14	122	12:58	357	17:09	
Leichtathletikhalle	2.00	11:14	5:36	152	4:19	425	5:03	10.00	53:11	5:19	133	18:39	373	26:43	