



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Götz, Stefan

Club: RV Elxleben

Number: 1139

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:29

Speed: 12.91 km/h

Running performance: 4:39 min/km

Rank in course/Total: 194 (of 618)

Rank in course/Men: 182 (of 500)

Best time in course: 31:03

Rank in category: 70(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	9:32	4:46	77	2:54	221	3:29	2.00	9:32	4:46	75	1:02	197	1:02
Runde	2.00	9:03	4:31	62	2:12	167	2:57	4.00	18:35	4:38	125	4:17	17	6:17
Runde	2.00	9:13	4:36	66	2:05	176	2:59	6.00	27:48	4:38	123	6:08	359	9:16
Runde	2.00	9:25	4:42	68	2:25	181	3:09	8.00	37:13	4:39	123	8:14	359	12:25
Leichtathletikhalle	2.00	9:16	4:38	75	2:21	202	3:05	10.00	46:29	4:38	70	11:57	183	20:01