



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Skudelny, Wilfried

Club: Erfurt
Number: 1258

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 58:56

Speed: 10.18 km/h

Running performance: 5:53 min/km

Rank in course/Total: 553 (of 618)

Rank in course/Men: 464 (of 500)

Best time in course: 31:03

Rank in category: 160(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	10:49	5:24	142	4:11	381	4:46	2.00	10:49	5:24	83	2:19	233	2:19
Runde	2.00	11:49	5:54	164	4:58	478	5:43	4.00	22:38	5:39	129	8:20	367	10:20
Runde	2.00	12:02	6:00	162	4:54	473	5:48	6.00	34:40	5:46	127	13:00	294	16:08
Runde	2.00	12:17	6:08	163	5:17	475	6:01	8.00	46:57	5:52	127	17:58	364	22:09
Leichtathletikhah	2.00	11:59	5:59	162	5:04	469	5:48	10.00	58:56	5:53	160	24:24	465	32:28