



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hartmann, Alexander

Club: Bad Langensalza

Number: 1117

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:15

Speed: 12.44 km/h

Running performance: 4:49 min/km

Rank in course/Total: 254 (of 618)

Rank in course/Men: 235 (of 500)

Best time in course: 31:03

Rank in category: 85(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

| Control | Intermediate times | | | | | Stage score | | | | Total ranking | | | | | |
|---------------------|--------------------|------------|--------------|----------|-------------|-------------|------------|----------|------------|---------------|----------|-------------|---------|------------|--|
| | 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 | 8:58 | 4:29 | 56 | 2:20 | 157 | 2:55 | 2.00 | 8:58 | 4:29 | 157 | 0:28 | 458 | 0:28 | |
| Runde | 2.00 | 9:43 | 4:51 | 94 | 2:52 | 263 | 3:37 | 4.00 | 18:41 | 4:40 | 130 | 4:23 | 167 | 6:23 | |
| Runde | 2.00 | 9:44 | 4:51 | 86 | 2:36 | 244 | 3:30 | 6.00 | 28:25 | 4:44 | 128 | 6:45 | 367 | 9:53 | |
| Runde | 2.00 | 10:02 | 5:00 | 94 | 3:02 | 273 | 3:46 | 8.00 | 38:27 | 4:48 | 56 | 9:28 | 166 | 13:39 | |
| Leichtathletikhalle | 2.00 | 9:48 | 4:54 | 94 | 2:53 | 276 | 3:37 | 10.00 | 48:15 | 4:49 | 85 | 13:43 | 236 | 21:47 | |