



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Lorenz, Torsten

Club: Aikido

Number: 1411

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:52

Speed: 12.03 km/h

Running performance: 4:59 min/km

Rank in course/Total: 308 (of 618)

Rank in course/Men: 280 (of 500)

Best time in course: 31:03

Rank in category: 98(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	10:41	5:20	135	4:03	360	4:38	2.00	10:41	5:20	85	2:11	157	2:11
Runde	2.00	9:42	4:50	92	2:51	259	3:36	4.00	20:23	5:05	105	6:05	301	8:05
Runde	2.00	9:51	4:55	90	2:43	258	3:37	6.00	30:14	5:02	129	8:34	369	11:42
Runde	2.00	9:58	4:59	90	2:58	263	3:42	8.00	40:12	5:01	66	11:13	185	15:24
Leichtathletikhalle	2.00	9:40	4:49	86	2:45	256	3:29	10.00	49:52	4:59	98	15:20	281	23:24