



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Bayer, Steffen

Club: Die phantastischen Drei !!

Number: 1229

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:11

Speed: 11.07 km/h

Running performance: 5:25 min/km

Rank in course/Total: 457 (of 618)

Rank in course/Men: 399 (of 500)

Best time in course: 31:03

Rank in category: 143(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	10:40	5:19	133	4:02	357	4:37	2.00	10:40	5:19	105	2:10	280	2:10
Runde	2.00	10:38	5:18	145	3:47	400	4:32	4.00	21:18	5:19	120	7:00	236	9:00
Runde	2.00	11:10	5:34	150	4:02	425	4:56	6.00	32:28	5:24	131	10:48	372	13:56
Runde	2.00	10:56	5:28	138	3:56	389	4:40	8.00	43:24	5:25	131	14:25	372	18:36
Leichtathletikhalle	2.00	10:47	5:23	137	3:52	390	4:36	10.00	54:11	5:25	143	19:39	400	27:43