



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Forkel, Jan

Club: Erfurt

Number: 1061

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:01

Speed: 13.33 km/h

Running performance: 4:30 min/km

Rank in course/Total: 156 (of 618)

Rank in course/Men: 147 (of 500)

Best time in course: 31:03

Rank in category: 56(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	9:03	4:31	60	2:25	165	3:00	2.00	9:03	4:31	161	0:33	466	0:33
Runde	2.00	8:50	4:25	55	1:59	141	2:44	4.00	17:53	4:28	136	3:35	385	5:35
Runde	2.00	9:00	4:30	55	1:52	142	2:46	6.00	26:53	4:28	134	5:13	382	8:21
Runde	2.00	9:12	4:35	59	2:12	153	2:56	8.00	36:05	4:30	65	7:06	182	11:17
Leichtathletikhalle	2.00	8:56	4:28	62	2:01	150	2:45	10.00	45:01	4:30	56	10:29	148	18:33