



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Münch, Heiko

Club: SC Impuls Erfurt

Number: 1142

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:13

Speed: 13.57 km/h

Running performance: 4:25 min/km

Rank in course/Total: 130 (of 618)

Rank in course/Men: 122 (of 500)

Best time in course: 31:03

Rank in category: 46(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	8:56	4:28	55	2:18	156	2:53	2.00	8:56	4:28	156	0:26	457	0:26
Runde	2.00	8:37	4:18	38	1:46	109	2:31	4.00	17:33	4:23	140	3:15	396	5:15
Runde	2.00	8:50	4:25	41	1:42	113	2:36	6.00	26:23	4:23	138	4:43	393	7:51
Runde	2.00	8:59	4:29	44	1:59	118	2:43	8.00	35:22	4:25	138	6:23	393	10:34
Leichtathletikhalle	2.00	8:51	4:25	56	1:56	141	2:40	10.00	44:13	4:25	46	9:41	123	17:45