



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hengelhaupt, Thorsten

Club: GMRLV

Number: 1525

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M30 (30-39 Jahre)

Total time: 44:14

Speed: 13.56 km/h

Running performance: 4:25 min/km

Rank in course/Total: 131 (of 618)

Rank in course/Men: 123 (of 500)

Best time in course: 31:03

Rank in category: 29(of 107)

Best time in the category: 34:41

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	8:45	4:22	31	2:00	139	2:42	2.00	8:45	4:22	61	0:17	91	0:15
Runde	2.00	8:47	4:23	29	1:52	134	2:41	4.00	17:32	4:23	82	0:23	398	5:14
Runde	2.00	8:52	4:26	29	1:47	117	2:38	6.00	26:24	4:23	5	0:32	25	7:52
Runde	2.00	9:02	4:30	30	1:55	127	2:46	8.00	35:26	4:25	82	0:47	230	10:38
Leichtathletikhalle	2.00	8:48	4:24	32	2:00	132	2:37	10.00	44:14	4:25	29	9:33	124	17:46