



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stiehler, Uwe

Club: Quasti

Number: 1104

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:10

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 321 (of 618)

Rank in course/Men: 289 (of 500)

Best time in course: 31:03

Rank in category: 102 (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	10:33	5:16	126	3:55	341	4:30	2.00	10:33	5:16	44	2:03	96	2:03
Runde	2.00	9:42	4:50	92	2:51	259	3:36	4.00	20:15	5:03	141	5:57	409	7:57
Runde	2.00	9:54	4:57	95	2:46	268	3:40	6.00	30:09	5:01	139	8:29	406	11:37
Runde	2.00	10:05	5:02	98	3:05	280	3:49	8.00	40:14	5:01	76	11:15	205	15:26
Leichtathletikhalle	2.00	9:56	4:58	99	3:01	291	3:45	10.00	50:10	5:00	102	15:38	290	23:42