



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Spilling, Frank

Club: LG Erfurt

Number: 1726

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:52

Speed: 12.03 km/h

Running performance: 4:59 min/km

Rank in course/Total: 309 (of 618)

Rank in course/Men: 280 (of 500)

Best time in course: 31:03

Rank in category: 98(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:19	5:09	112	3:41	308	4:16	2.00	10:19	5:09	32	1:49	85	1:49
Runde	2.00	9:43	4:51	94	2:52	263	3:37	4.00	20:02	5:00	143	5:44	414	7:44
Runde	2.00	9:54	4:57	95	2:46	268	3:40	6.00	29:56	4:59	141	8:16	411	11:24
Runde	2.00	10:05	5:02	98	3:05	280	3:49	8.00	40:01	5:00	141	11:02	411	15:13
Leichtathletikhalle	2.00	9:51	4:55	96	2:56	281	3:40	10.00	49:52	4:59	98	15:20	281	23:24