



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Dreyße, Mike

Club: Herbsleben

Number: 1153

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 1:02:48

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 594 (of 618)

Rank in course/Men: 486 (of 500)

Best time in course: 31:03

Rank in category: 165(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 | 11:43 | 5:51 | 156 | 5:05 | 450 | 5:40 | 2.00 | 11:43 | 5:51 | 118 | 3:13 | 332 | 3:13 |
| Runde | 2.00 | 12:16 | 6:08 | 167 | 5:25 | 487 | 6:10 | 4.00 | 23:59 | 5:59 | 104 | 9:41 | 298 | 11:41 |
| Runde | 2.00 | 12:43 | 6:21 | 168 | 5:35 | 490 | 6:29 | 6.00 | 36:42 | 6:07 | 146 | 15:02 | 427 | 18:10 |
| Runde | 2.00 | 13:01 | 6:30 | 166 | 6:01 | 486 | 6:45 | 8.00 | 49:43 | 6:12 | 146 | 20:44 | 427 | 24:55 |
| Leichtathletikhalle | 2.00 | 13:05 | 6:32 | 167 | 6:10 | 487 | 6:54 | 10.00 | 1:02:48 | 6:16 | 165 | 28:16 | 487 | 36:20 |