



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wolf, Jürgen

Club: Erfurt
Number: 1388

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 1:02:57

Speed: 9.53 km/h

Running performance: 6:18 min/km

Rank in course/Total: 596 (of 618)

Rank in course/Men: 487 (of 500)

Best time in course: 31:03

Rank in category: 166(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 | 12:19 | 6:09 | 166 | 5:41 | 484 | 6:16 | 2.00 | 12:19 | 6:09 | 119 | 3:49 | 336 | 3:49 |
| Runde | 2.00 | 12:18 | 6:09 | 168 | 5:27 | 488 | 6:12 | 4.00 | 24:37 | 6:09 | 149 | 10:19 | 434 | 12:19 |
| Runde | 2.00 | 12:35 | 6:17 | 165 | 5:27 | 486 | 6:21 | 6.00 | 37:12 | 6:12 | 147 | 15:32 | 431 | 18:40 |
| Runde | 2.00 | 13:03 | 6:31 | 167 | 6:03 | 489 | 6:47 | 8.00 | 50:15 | 6:16 | 147 | 21:16 | 431 | 25:27 |
| Leichtathletikhalle | 2.00 | 12:42 | 6:20 | 165 | 5:47 | 480 | 6:31 | 10.00 | 1:02:57 | 6:17 | 166 | 28:25 | 488 | 36:29 |