



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kölsch, Wolfgang

Club: Ostwest Express

Number: 1404

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:22

Speed: 13.52 km/h

Running performance: 4:26 min/km

Rank in course/Total: 139 (of 618)

Rank in course/Men: 131 (of 500)

Best time in course: 31:03

Rank in category: 49(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	8:39	4:19	46	2:01	123	2:36	2.00	8:39	4:19	5	0:09	13	0:09
Runde	2.00	8:45	4:22	50	1:54	130	2:39	4.00	17:24	4:20	152	3:06	67	5:06
Runde	2.00	8:57	4:28	48	1:49	130	2:43	6.00	26:21	4:23	7	4:41	18	7:49
Runde	2.00	9:08	4:33	54	2:08	139	2:52	8.00	35:29	4:26	150	6:30	441	10:41
Leichtathletikhalle	2.00	8:53	4:26	59	1:58	145	2:42	10.00	44:22	4:26	49	9:50	132	17:54