



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Neumann, Lars

Club: ANNA KRAM: Laufend helfen

Number: 1429

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 1:06:55

Speed: 8.97 km/h

Running performance: 6:41 min/km

Rank in course/Total: 605 (of 618)

Rank in course/Men: 493 (of 500)

Best time in course: 31:03

Rank in category: 168(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	13:09	6:34	171	6:31	495	7:06	2.00	13:09	6:34	123	4:39	344	4:39
Runde	2.00	12:53	6:26	171	6:02	493	6:47	4.00	26:02	6:30	154	11:44	447	13:44
Runde	2.00	13:39	6:49	169	6:31	495	7:25	6.00	39:41	6:36	152	18:01	444	21:09
Runde	2.00	13:50	6:55	169	6:50	493	7:34	8.00	53:31	6:41	152	24:32	444	28:43
Leichtathletikhah	2.00	13:24	6:42	168	6:29	490	7:13	10.00	1:06:55	6:41	168	32:23	494	40:27