



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Baumgarten, Frank

Club: SG Eschenbergen

Number: 1459

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:14

Speed: 13.56 km/h

Running performance: 4:25 min/km

Rank in course/Total: 132 (of 618)

Rank in course/Men: 123 (of 500)

Best time in course: 31:03

Rank in category: 47(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	8:35	4:17	41	1:57	115	2:32	2.00	8:35	4:17	9	0:05	22	0:05
Runde	2.00	8:36	4:17	37	1:45	107	2:30	4.00	17:11	4:17	3	2:53	9	4:53
Runde	2.00	8:53	4:26	43	1:45	119	2:39	6.00	26:04	4:20	156	4:24	70	7:32
Runde	2.00	9:13	4:36	61	2:13	155	2:57	8.00	35:17	4:24	156	6:18	452	10:29
Leichtathletikhalle	2.00	8:57	4:28	63	2:02	154	2:46	10.00	44:14	4:25	47	9:42	124	17:46