



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Leffler, Mirko

Club: ULTRARUNNER-TEAM.de

Number: 1237

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:46

Speed: 13.40 km/h

Running performance: 4:29 min/km

Rank in course/Total: 149 (of 618)

Rank in course/Men: 139 (of 500)

Best time in course: 31:03

Rank in category: 51(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	9:19	4:39	68	2:41	191	3:16	2.00	9:19	4:39	169	0:49	492	0:49
Runde	2.00	8:44	4:21	49	1:53	129	2:38	4.00	18:03	4:30	159	3:45	456	5:45
Runde	2.00	9:00	4:30	55	1:52	142	2:46	6.00	27:03	4:30	45	5:23	140	8:31
Runde	2.00	9:01	4:30	49	2:01	125	2:45	8.00	36:04	4:30	157	7:05	453	11:16
Leichtathletikhalle	2.00	8:42	4:20	44	1:47	117	2:31	10.00	44:46	4:28	51	10:14	140	18:18