



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Fußy, Michael

Club: Berlin

Number: 1384

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:16

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 352 (of 618)

Rank in course/Men: 318 (of 500)

Best time in course: 31:03

Rank in category: 113(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:07	5:03	103	3:29	290	4:04	2.00	10:07	5:03	100	1:37	270	1:37
Runde	2.00	9:54	4:57	106	3:03	295	3:48	4.00	20:01	5:00	166	5:43	484	7:43
Runde	2.00	10:20	5:10	121	3:12	335	4:06	6.00	30:21	5:03	164	8:41	481	11:49
Runde	2.00	10:33	5:16	125	3:33	350	4:17	8.00	40:54	5:06	164	11:55	386	16:06
Leichtathletikhalle	2.00	10:22	5:11	121	3:27	349	4:11	10.00	51:16	5:07	113	16:44	319	24:48