



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stephan, Heino

Club: FSV 1986 Bad Langensalza

Number: 1886

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:18

Speed: 12.17 km/h

Running performance: 4:56 min/km

Rank in course/Total: 291 (of 618)

Rank in course/Men: 266 (of 500)

Best time in course: 31:03

Rank in category: 90(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	9:57	4:58	97	3:19	276	3:54	2.00	9:57	4:58	22	1:27	54	1:27
Runde	2.00	9:34	4:46	85	2:43	237	3:28	4.00	19:31	4:52	58	5:13	169	7:13
Runde	2.00	9:49	4:54	88	2:41	251	3:35	6.00	29:20	4:53	165	7:40	482	10:48
Runde	2.00	10:01	5:00	92	3:01	269	3:45	8.00	39:21	4:55	165	10:22	421	14:33
Leichtathletikhalle	2.00	9:57	4:58	101	3:02	294	3:46	10.00	49:18	4:55	90	14:46	267	22:50