



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Steinuk, Mario

Club: SWE LaufTeam

Number: 1881

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:40

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 439 (of 618)

Rank in course/Men: 387 (of 500)

Best time in course: 31:03

Rank in category: 137(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 | | Total | | Total | | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|---------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|-------|--------|-----|--------|-----|-------------|----------------|------------|---------------|
| | | | | | | | | km | Time | min/km | Pos | Behind | Pos | | | | |
| Runde | 2.00 | 10:52 | 5:26 | 146 | 4:14 | 387 | 4:49 | 2.00 | 10:52 | 5:26 | 136 | 2:22 | 176 | 2:22 | | | |
| Runde | 2.00 | 10:28 | 5:14 | 141 | 3:37 | 385 | 4:22 | 4.00 | 21:20 | 5:19 | 168 | 7:02 | 487 | 9:02 | | | |
| Runde | 2.00 | 10:43 | 5:21 | 135 | 3:35 | 379 | 4:29 | 6.00 | 32:03 | 5:20 | 166 | 10:23 | 484 | 13:31 | | | |
| Runde | 2.00 | 10:52 | 5:26 | 134 | 3:52 | 377 | 4:36 | 8.00 | 42:55 | 5:21 | 166 | 13:56 | 484 | 18:07 | | | |
| Leichtathletikhalle | 2.00 | 10:45 | 5:22 | 134 | 3:50 | 385 | 4:34 | 10.00 | 53:40 | 5:21 | 137 | 19:08 | 388 | 27:12 | | | |