



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Feld, Steffen

Club: Rheda - Wiedenbrück

Number: 1882

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:41

Speed: 13.13 km/h

Running performance: 4:34 min/km

Rank in course/Total: 174 (of 618)

Rank in course/Men: 162 (of 500)

Best time in course: 31:03

Rank in category: 62(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 | 8:56 | 4:28 | 57 | 2:05 | 156 | 2:50 | 4.00 | 17:31 | 4:22 | 169 | 3:13 | 153 | 5:13 |
| Runde | 2.00 | 9:18 | 4:39 | 69 | 2:10 | 186 | 3:04 | 6.00 | 26:49 | 4:28 | 167 | 5:09 | 485 | 8:17 |
| Runde | 2.00 | 9:31 | 4:45 | 75 | 2:31 | 203 | 3:15 | 8.00 | 36:20 | 4:32 | 167 | 7:21 | 485 | 11:32 |
| Leichtathletikhalle | 2.00 | 9:21 | 4:40 | 78 | 2:26 | 215 | 3:10 | 10.00 | 45:41 | 4:34 | 62 | 11:09 | 163 | 19:13 |