



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Köbis, Uwe

Club: SV Empor Walschleben

Number: 68

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M40 (40-49 Jahre)

Total time: 20:07

Speed: 11.93 km/h

Running performance: 5:02 min/km

Rank in course/Total: 150 (of 389)

Rank in course/Men: 117 (of 249)

Best time in course: 11:54

Rank in category: 28(of 63)

Best time in the category: 14:23

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	10:15	5:07	32	3:14	130	4:16	2.00	10:15	5:07	53	0:29	82	4:15
Leichtathletikhalle	2.00	9:52	4:56	26	2:30	106	3:58	4.00	20:07	5:01	28	5:44	117	8:13