



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Langlotz, Swen

Club: Drei Gleichen OT Cobstädt

Number: 51

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhüringen

Category:

Senioren M40 (40-49 Jahre)

Total time: 23:32

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 272 (of 389)

Rank in course/Men: 207 (of 249)

Best time in course: 11:54

Rank in category: 54(of 63)

Best time in the category: 14:23

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 | 11:15 | 5:37 | 44 | 4:14 | 180 | 5:16 | 2.00 | 11:15 | 5:37 | 12 | 1:29 | 177 | 5:15 |
| Leichtathletikhäl | 2.00 | 12:17 | 6:08 | 57 | 4:55 | 226 | 6:23 | 4.00 | 23:32 | 5:53 | 54 | 9:09 | 207 | 11:38 |