



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Panse, Jens

Club: USV Erfurt

Number: 1217

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:37

Speed: 13.76 km/h

Running performance: 4:22 min/km

Rank in course/Total: 115 (of 618)

Rank in course/Men: 108 (of 500)

Best time in course: 31:03

Rank in category: 43(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	8:30	4:15	33	1:52	100	2:27	2.00	8:30	4:15	1	-	1	-
Runde	2.00	8:41	4:20	42	1:50	119	2:35	4.00	17:11	4:17	3	2:53	9	4:53
Runde	2.00	8:56	4:28	47	1:48	127	2:42	6.00	26:07	4:21	3	4:27	9	7:35
Runde	2.00	8:59	4:29	44	1:59	118	2:43	8.00	35:06	4:23	3	6:07	9	10:18
Leichtathletikhalle	2.00	8:31	4:15	30	1:36	92	2:20	10.00	43:37	4:21	43	9:05	109	17:09