



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Siebert, Martin

Club: LG Running Spatz

Number: 1478

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:22

Speed: 13.84 km/h

Running performance: 4:20 min/km

Rank in course/Total: 108 (of 618)

Rank in course/Men: 100 (of 500)

Best time in course: 31:03

Rank in category: 37(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	8:38	4:18	39	1:47	110	2:32	4.00	17:08	4:16	4	2:50	10	4:50
Runde	2.00	8:44	4:21	33	1:36	96	2:30	6.00	25:52	4:18	4	4:12	8	7:20
Runde	2.00	8:52	4:26	35	1:52	101	2:36	8.00	34:44	4:20	4	5:45	10	9:56
Leichtathletikhalle	2.00	8:38	4:18	40	1:43	110	2:27	10.00	43:22	4:20	37	8:50	101	16:54