



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wilck, Andreas

Club: HSV Sömmerda

Number: 1224

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 40:28

Speed: 14.83 km/h

Running performance: 4:03 min/km

Rank in course/Total: 48 (of 618)

Rank in course/Men: 44 (of 500)

Best time in course: 31:03

Rank in category: 14(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	7:47	3:53	16	1:09	48	1:44	2.00	7:47	3:53	6			16	
Runde	2.00	8:08	4:03	18	1:17	54	2:02	4.00	15:55	3:58	11	1:37	33	3:37	
Runde	2.00	8:15	4:07	15	1:07	52	2:01	6.00	24:10	4:01	11	2:30	33	5:38	
Runde	2.00	8:20	4:10	16	1:20	51	2:04	8.00	32:30	4:03	11	3:31	33	7:42	
Leichtathletikhalle	2.00	7:58	3:59	11	1:03	41	1:47	10.00	40:28	4:02	14	5:56	45	14:00	