



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Teubner, Marko

Club: Erfurt
Number: 1369

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 42:50

Speed: 14.01 km/h

Running performance: 4:17 min/km

Rank in course/Total: 95 (of 618)

Rank in course/Men: 89 (of 500)

Best time in course: 31:03

Rank in category: 32(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	7:45	3:52	15	1:07	47	1:42	2.00	7:45	3:52	7		20	
Runde	2.00	8:16	4:08	23	1:25	68	2:10	4.00	16:01	4:00	12	1:43	37	3:43
Runde	2.00	8:41	4:20	30	1:33	90	2:27	6.00	24:42	4:06	12	3:02	37	6:10
Runde	2.00	8:58	4:29	43	1:58	117	2:42	8.00	33:40	4:12	12	4:41	37	8:52
Leichtathletikhalle	2.00	9:10	4:34	72	2:15	190	2:59	10.00	42:50	4:16	32	8:18	90	16:22