



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Dressler, Marco

Club: Bruchstedt

Number: 1042

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 40:00

Speed: 15.00 km/h

Running performance: 4:00 min/km

Rank in course/Total: 43 (of 618)

Rank in course/Men: 39 (of 500)

Best time in course: 31:03

Rank in category: 11(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	8:16	4:08	26	1:38	79	2:13	2.00	8:16	4:08	152			440	
Runde	2.00	7:59	3:59	12	1:08	42	1:53	4.00	16:15	4:03	16	1:57	42	3:57	
Runde	2.00	8:02	4:00	10	0:54	38	1:48	6.00	24:17	4:02	16	2:37	42	5:45	
Runde	2.00	8:01	4:00	7	1:01	30	1:45	8.00	32:18	4:02	16	3:19	42	7:30	
Leichtathletikhalle	2.00	7:42	3:51	6	0:47	26	1:31	10.00	40:00	4:00	11	5:28	40	13:32	