



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Konschak, Ulrich

Club: Triathlon Nordhausen

Number: 1710

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 34:32

Speed: 17.37 km/h

Running performance: 3:27 min/km

Rank in course/Total: 8 (of 618)

Rank in course/Men: 8 (of 500)

Best time in course: 31:03

Rank in category: 1(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	6:38	3:19	1	-	9	0:35	2.00	6:38	3:19	19	-	-	44	-
Runde	2.00	6:51	3:25	1	-	8	0:45	4.00	13:29	3:22	29	-	-	82	1:11
Runde	2.00	7:08	3:34	1	-	11	0:54	6.00	20:37	3:26	28	-	-	80	2:05
Runde	2.00	7:00	3:30	1	-	8	0:44	8.00	27:37	3:27	28	-	-	80	2:49
Leichtathletikhah	2.00	6:55	3:27	1	-	8	0:44	10.00	34:32	3:27	1	-	-	9	8:04