



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gries, Karsten

Club: SKSV Sömmerda

Number: 1268

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:16

Speed: 13.87 km/h

Running performance: 4:20 min/km

Rank in course/Total: 103 (of 618)

Rank in course/Men: 96 (of 500)

Best time in course: 31:03

Rank in category: 35(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	8:43	4:21	46	1:52	125	2:37	4.00	16:59	4:14	33	2:41	6	4:41	
Runde	2.00	8:47	4:23	36	1:39	104	2:33	6.00	25:46	4:17	31	4:06	87	7:14	
Runde	2.00	8:57	4:28	41	1:57	114	2:41	8.00	34:43	4:20	10	5:44	29	9:55	
Leichtathletikhalle	2.00	8:33	4:16	33	1:38	97	2:22	10.00	43:16	4:19	35	8:44	97	16:48	