



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Utz, Norbert

Club: GSV Grossbreitenbach

Number: 1700

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:42

Speed: 12.58 km/h

Running performance: 4:46 min/km

Rank in course/Total: 237 (of 618)

Rank in course/Men: 222 (of 500)

Best time in course: 31:03

Rank in category: 82(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	9:07	4:33	62	2:29	172	3:04	2.00	9:07	4:33	163	0:37	473	0:37
Runde	2.00	9:12	4:35	71	2:21	186	3:06	4.00	18:19	4:34	34	4:01	96	6:01
Runde	2.00	9:42	4:50	84	2:34	238	3:28	6.00	28:01	4:40	32	6:21	93	9:29
Runde	2.00	10:02	5:00	94	3:02	273	3:46	8.00	38:03	4:45	32	9:04	90	13:15
Leichtathletikhah	2.00	9:39	4:49	84	2:44	253	3:28	10.00	47:42	4:46	82	13:10	223	21:14