



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Simon, Sven

Club: Klettbach

Number: 1151

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:14

Speed: 12.70 km/h

Running performance: 4:43 min/km

Rank in course/Total: 223 (of 618)

Rank in course/Men: 209 (of 500)

Best time in course: 31:03

Rank in category: 76 (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	9:57	4:58	97	3:19	276	3:54	2.00	9:57	4:58	22	1:27	54	1:27
Runde	2.00	9:36	4:47	87	2:45	243	3:30	4.00	19:33	4:53	35	5:15	100	7:15
Runde	2.00	9:21	4:40	71	2:13	193	3:07	6.00	28:54	4:48	33	7:14	97	10:22
Runde	2.00	9:25	4:42	68	2:25	181	3:09	8.00	38:19	4:47	33	9:20	97	13:31
Leichtathletikhah	2.00	8:55	4:27	61	2:00	149	2:44	10.00	47:14	4:43	76	12:42	210	20:46