



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Engelhardt, Michael

Club: Schönstedt

Number: 1315

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:44

Speed: 12.57 km/h

Running performance: 4:46 min/km

Rank in course/Total: 238 (of 618)

Rank in course/Men: 223 (of 500)

Best time in course: 31:03

Rank in category: 83(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	10:43	5:21	137	4:05	367	4:40	2.00	10:43	5:21	23	2:13	56	2:13
Runde	2.00	9:53	4:56	104	3:02	291	3:47	4.00	20:36	5:09	36	6:18	102	8:18
Runde	2.00	9:11	4:35	64	2:03	172	2:57	6.00	29:47	4:57	34	8:07	99	11:15
Runde	2.00	9:09	4:34	56	2:09	143	2:53	8.00	38:56	4:51	34	9:57	98	14:08
Leichtathletikhalle	2.00	8:48	4:24	51	1:53	132	2:37	10.00	47:44	4:46	83	13:12	224	21:16