



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Jaeger, Frank

Club: SV Sömmerda e.V.

Number: 1302

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 38:38

Speed: 15.53 km/h

Running performance: 3:52 min/km

Rank in course/Total: 30 (of 618)

Rank in course/Men: 28 (of 500)

Best time in course: 31:03

Rank in category: 5(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	7:15	3:37	5	0:37	27	1:12	2.00	7:15	3:37	142		412	
Runde	2.00	7:45	3:52	6	0:54	33	1:39	4.00	15:00	3:45	39	0:42	99	2:42
Runde	2.00	7:50	3:54	5	0:42	30	1:36	6.00	22:50	3:48	37	1:10	104	4:18
Runde	2.00	8:00	4:00	5	1:00	28	1:44	8.00	30:50	3:51	37	1:51	59	6:02
Leichtathletikhalle	2.00	7:48	3:53	8	0:53	32	1:37	10.00	38:38	3:51	5	4:06	29	12:10