



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sonntag, Sven

Club: Arnstadt

Number: 1712

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 40:39

Speed: 14.76 km/h

Running performance: 4:04 min/km

Rank in course/Total: 54 (of 618)

Rank in course/Men: 49 (of 500)

Best time in course: 31:03

Rank in category: 15(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 | 7:59 | 3:59 | 20 | 1:21 | 62 | 1:56 | 2.00 | 7:59 | 3:59 | 146 | | | 423 | |
| Runde | 2.00 | 8:00 | 4:00 | 14 | 1:09 | 46 | 1:54 | 4.00 | 15:59 | 3:59 | 42 | 1:41 | 70 | 3:41 | |
| Runde | 2.00 | 8:10 | 4:04 | 13 | 1:02 | 45 | 1:56 | 6.00 | 24:09 | 4:01 | 40 | 2:29 | 34 | 5:37 | |
| Runde | 2.00 | 8:22 | 4:11 | 18 | 1:22 | 54 | 2:06 | 8.00 | 32:31 | 4:03 | 21 | 3:32 | 67 | 7:43 | |
| Leichtathletikhah | 2.00 | 8:08 | 4:03 | 15 | 1:13 | 51 | 1:57 | 10.00 | 40:39 | 4:03 | 15 | 6:07 | 50 | 14:11 | |