



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hesse, Uwe

Club: Physio K. Hesse

Number: 1413

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 40:28

Speed: 14.83 km/h

Running performance: 4:03 min/km

Rank in course/Total: 49 (of 618)

Rank in course/Men: 44 (of 500)

Best time in course: 31:03

Rank in category: 2(of 89)

Best time in the category: 36:19

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	7:57	3:58	3	0:57	57	1:54	2.00	7:57	3:58	73		418	
Runde	2.00	8:14	4:06	4	0:56	64	2:08	4.00	16:11	4:02	52		128	3:53
Runde	2.00	8:12	4:05	3	0:51	48	1:58	6.00	24:23	4:03	52		125	5:51
Runde	2.00	8:16	4:08	3	0:55	44	2:00	8.00	32:39	4:04	52		125	7:51
Leichtathletikhalle	2.00	7:49	3:54	2	0:30	33	1:38	10.00	40:28	4:02	2	4:09	45	14:00