



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Straub, Wolfgang

Club: Weimar

Number: 1282

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 43:32

Speed: 13.78 km/h

Running performance: 4:21 min/km

Rank in course/Total: 113 (of 618)

Rank in course/Men: 106 (of 500)

Best time in course: 31:03

Rank in category: 42(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	8:34	4:16	38	1:56	108	2:31	2.00	8:34	4:16	27	0:04	11	0:04
Runde	2.00	8:41	4:20	42	1:50	119	2:35	4.00	17:15	4:18	44	2:57	129	4:57
Runde	2.00	8:47	4:23	36	1:39	104	2:33	6.00	26:02	4:20	5	4:22	11	7:30
Runde	2.00	8:55	4:27	39	1:55	110	2:39	8.00	34:57	4:22	42	5:58	126	10:09
Leichtathletikhalle	2.00	8:35	4:17	37	1:40	102	2:24	10.00	43:32	4:21	42	9:00	107	17:04