



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Grütze, Uwe

Club: Erfurt
Number: 1202

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:40

Speed: 12.86 km/h

Running performance: 4:40 min/km

Rank in course/Total: 202 (of 618)

Rank in course/Men: 187 (of 500)

Best time in course: 31:03

Rank in category: 72(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	8:31	4:15	36	1:53	104	2:28	2.00	8:31	4:15	4	0:01	10	0:01
Runde	2.00	9:06	4:32	63	2:15	169	3:00	4.00	17:37	4:24	47	3:19	143	5:19
Runde	2.00	9:26	4:43	77	2:18	209	3:12	6.00	27:03	4:30	45	5:23	140	8:31
Runde	2.00	9:54	4:57	88	2:54	255	3:38	8.00	36:57	4:37	45	7:58	140	12:09
Leichtathletikhalle	2.00	9:43	4:51	89	2:48	267	3:32	10.00	46:40	4:39	72	12:08	188	20:12