



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Horn, Uwe

Club: Weimar
Number: 1343

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:05

Speed: 13.02 km/h

Running performance: 4:37 min/km

Rank in course/Total: 183 (of 618)

Rank in course/Men: 171 (of 500)

Best time in course: 31:03

Rank in category: 65(of 171)

Best time in the category: 34:32

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	9:53	4:56	94	3:15	268	3:50	2.00	9:53	4:56	21	1:23	48	1:23
Runde	2.00	9:23	4:41	79	2:32	213	3:17	4.00	19:16	4:48	49	4:58	145	6:58
Runde	2.00	9:13	4:36	66	2:05	176	2:59	6.00	28:29	4:44	47	6:49	142	9:57
Runde	2.00	9:03	4:31	50	2:03	129	2:47	8.00	37:32	4:41	47	8:33	132	12:44
Leichtathletikhalle	2.00	8:33	4:16	33	1:38	97	2:22	10.00	46:05	4:36	65	11:33	172	19:37