



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

Lindner, Steffen

Club: Erfurt  
Number: 1698

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:19

Speed: 12.68 km/h

Running performance: 4:44 min/km

Rank in course/Total: 227 (of 618)

Rank in course/Men: 211 (of 500)

Best time in course: 31:03

Rank in category: 77(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	10:19	5:09	112	3:41	308	4:16	2.00	10:19	5:09	32	1:49	85	1:49
Runde	2.00	9:20	4:40	78	2:29	204	3:14	4.00	19:39	4:54	50	5:21	147	7:21
Runde	2.00	9:24	4:42	74	2:16	200	3:10	6.00	29:03	4:50	48	7:23	144	10:31
Runde	2.00	9:26	4:43	70	2:26	188	3:10	8.00	38:29	4:48	48	9:30	144	13:41
Leichtathletikhalle	2.00	8:50	4:25	54	1:55	138	2:39	10.00	47:19	4:43	77	12:47	212	20:51