



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schneider, Thomas

Club: Erfurt

Number: 1137

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:31

Speed: 12.63 km/h

Running performance: 4:45 min/km

Rank in course/Total: 231 (of 618)

Rank in course/Men: 216 (of 500)

Best time in course: 31:03

Rank in category: 79(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Split min/km	Pos Cat.	Behind Cat.	Stage score		Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
	km	Time				Pos Men	Behind Men							
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	9:13	4:36	73	2:22	191	3:07	4.00	19:06	4:46	53	4:48	151	6:48
Runde	2.00	9:25	4:42	75	2:17	202	3:11	6.00	28:31	4:45	49	6:51	146	9:59
Runde	2.00	9:32	4:46	77	2:32	206	3:16	8.00	38:03	4:45	32	9:04	90	13:15
Leichtathletikhalle	2.00	9:28	4:44	81	2:33	229	3:17	10.00	47:31	4:45	79	12:59	217	21:03