



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hamsch-Friske, Oliver

Club: USV Erfurt

Number: 1888

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 37:38

Speed: 15.94 km/h

Running performance: 3:46 min/km

Rank in course/Total: 24 (of 618)

Rank in course/Men: 22 (of 500)

Best time in course: 31:03

Rank in category: 3(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	7:14	3:37	3	0:36	22	1:11	2.00	7:14	3:37	140			407
Runde	2.00	7:34	3:46	3	0:43	24	1:28	4.00	14:48	3:42	52	0:30	150	2:30
Runde	2.00	7:40	3:50	3	0:32	22	1:26	6.00	22:28	3:44	50	0:48	147	3:56
Runde	2.00	7:45	3:52	3	0:45	22	1:29	8.00	30:13	3:46	50	1:14	75	5:25
Leichtathletikhalle	2.00	7:25	3:42	3	0:30	20	1:14	10.00	37:38	3:45	3	3:06	23	11:10