



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stasulewitz, Ingo

Club: Gotha

Number: 1216

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:19

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 187 (of 618)

Rank in course/Men: 175 (of 500)

Best time in course: 31:03

Rank in category: 69 (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	9:38	4:48	86	3:00	243	3:35	2.00	9:38	4:48	40	1:08	77	1:08
Runde	2.00	9:09	4:34	68	2:18	177	3:03	4.00	18:47	4:41	60	4:29	104	6:29
Runde	2.00	9:15	4:37	68	2:07	182	3:01	6.00	28:02	4:40	58	6:22	90	9:30
Runde	2.00	9:26	4:43	70	2:26	188	3:10	8.00	37:28	4:41	58	8:29	171	12:40
Leichtathletikhalle	2.00	8:51	4:25	56	1:56	141	2:40	10.00	46:19	4:37	69	11:47	176	19:51