



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Blasius, Johannes

Club: FC Rot Weiß Erfurt

Number: 1424

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:14

Speed: 13.26 km/h

Running performance: 4:31 min/km

Rank in course/Total: 159 (of 618)

Rank in course/Men: 150 (of 500)

Best time in course: 31:03

Rank in category: 57(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	9:22	4:41	70	2:44	197	3:19	2.00	9:22	4:41	171	0:52	498	0:52
Runde	2.00	9:08	4:33	67	2:17	174	3:02	4.00	18:30	4:37	62	4:12	176	6:12
Runde	2.00	9:04	4:31	58	1:56	153	2:50	6.00	27:34	4:35	60	5:54	173	9:02
Runde	2.00	8:56	4:28	40	1:56	111	2:40	8.00	36:30	4:33	60	7:31	173	11:42
Leichtathletikhalle	2.00	8:44	4:21	47	1:49	125	2:33	10.00	45:14	4:31	57	10:42	151	18:46