



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Höhne, Andreas

Club: Erfurt

Number: 1173

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:26

Speed: 13.21 km/h

Running performance: 4:32 min/km

Rank in course/Total: 163 (of 618)

Rank in course/Men: 153 (of 500)

Best time in course: 31:03

Rank in category: 60(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	9:01	4:30	58	2:23	162	2:58	2.00	9:01	4:30	159	0:31	463	0:31
Runde	2.00	9:07	4:33	65	2:16	172	3:01	4.00	18:08	4:31	63	3:50	179	5:50
Runde	2.00	9:06	4:32	61	1:58	161	2:52	6.00	27:14	4:32	61	5:34	176	8:42
Runde	2.00	9:08	4:33	54	2:08	139	2:52	8.00	36:22	4:32	61	7:23	150	11:34
Leichtathletikhalle	2.00	9:04	4:31	67	2:09	167	2:53	10.00	45:26	4:32	60	10:54	154	18:58