



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schottmann, Mike

Club: Gotha

Number: 1172

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 47:22

Speed: 12.67 km/h

Running performance: 4:44 min/km

Rank in course/Total: 228 (of 618)

Rank in course/Men: 213 (of 500)

Best time in course: 31:03

Rank in category: 78(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	9:21	4:40	71	2:13	193	3:07	6.00	28:08	4:41	43	6:28	132	9:36
Runde	2.00	9:35	4:47	78	2:35	210	3:19	8.00	37:43	4:42	62	8:44	177	12:55
Leichtathletikhalle	2.00	9:39	4:49	84	2:44	253	3:28	10.00	47:22	4:44	78	12:50	214	20:54