



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wolfram, Falko

Club: MTB Steiger Racing Erfurt / RV Elxleben
Number: 1332

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:53

Speed: 13.37 km/h

Running performance: 4:29 min/km

Rank in course/Total: 152 (of 618)

Rank in course/Men: 143 (of 500)

Best time in course: 31:03

Rank in category: 53(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	8:39	4:19	46	2:01	123	2:36	2.00	8:39	4:19	5	0:09	13	0:09
Runde	2.00	8:40	4:19	41	1:49	117	2:34	4.00	17:19	4:19	65	3:01	72	5:01
Runde	2.00	9:05	4:32	59	1:57	155	2:51	6.00	26:24	4:23	63	4:44	25	7:52
Runde	2.00	9:21	4:40	65	2:21	173	3:05	8.00	35:45	4:28	63	6:46	180	10:57
Leichtathletikhah	2.00	9:08	4:33	70	2:13	180	2:57	10.00	44:53	4:29	53	10:21	144	18:25