



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hantscher, Stefan

Club: ULTRARUNNER TEAM Suhl

Number: 1265

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:46

Speed: 13.40 km/h

Running performance: 4:29 min/km

Rank in course/Total: 148 (of 618)

Rank in course/Men: 139 (of 500)

Best time in course: 31:03

Rank in category: 51(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	9:19	4:39	68	2:41	191	3:16	2.00	9:19	4:39	169	0:49	492	0:49
Runde	2.00	8:43	4:21	46	1:52	125	2:37	4.00	18:02	4:30	66	3:44	184	5:44
Runde	2.00	8:59	4:29	53	1:51	136	2:45	6.00	27:01	4:30	46	5:21	141	8:29
Runde	2.00	8:59	4:29	44	1:59	118	2:43	8.00	36:00	4:30	64	7:01	181	11:12
Leichtathletikhalle	2.00	8:46	4:23	50	1:51	131	2:35	10.00	44:46	4:28	51	10:14	140	18:18