



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Timpel, Heiko

Club: Quasti

Number: 1103

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:10

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 318 (of 618)

Rank in course/Men: 289 (of 500)

Best time in course: 31:03

Rank in category: 102(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	10:33	5:16	126	3:55	341	4:30	2.00	10:33	5:16	44	2:03	96	2:03
Runde	2.00	9:43	4:51	94	2:52	263	3:37	4.00	20:16	5:03	68	5:58	188	7:58
Runde	2.00	9:55	4:57	97	2:47	272	3:41	6.00	30:11	5:01	66	8:31	185	11:39
Runde	2.00	10:01	5:00	92	3:01	269	3:45	8.00	40:12	5:01	66	11:13	185	15:24
Leichtathletikhalle	2.00	9:58	4:59	103	3:03	299	3:47	10.00	50:10	5:00	102	15:38	290	23:42