



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Weißhaar, Mario

Club: keinen
Number: 1012

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:56

Speed: 10.92 km/h

Running performance: 5:29 min/km

Rank in course/Total: 477 (of 618)

Rank in course/Men: 415 (of 500)

Best time in course: 31:03

Rank in category: 148(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	11:54	5:57	161	5:16	469	5:51	2.00	11:54	5:57	46	3:24	116	3:24
Runde	2.00	10:45	5:22	148	3:54	413	4:39	4.00	22:39	5:39	70	8:21	191	10:21
Runde	2.00	10:49	5:24	139	3:41	391	4:35	6.00	33:28	5:34	68	11:48	188	14:56
Runde	2.00	11:05	5:32	144	4:05	406	4:49	8.00	44:33	5:34	68	15:34	188	19:45
Leichtathletikhalle	2.00	10:23	5:11	122	3:28	350	4:12	10.00	54:56	5:29	148	20:24	416	28:28