



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schwendler, Rainer

Club: Gotha

Number: 1380

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:04

Speed: 11.52 km/h

Running performance: 5:13 min/km

Rank in course/Total: 393 (of 618)

Rank in course/Men: 351 (of 500)

Best time in course: 31:03

Rank in category: 125 (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	10:29	5:14	119	3:51	329	4:26	2.00	10:29	5:14	47	1:59	118	1:59
Runde	2.00	9:59	4:59	115	3:08	315	3:53	4.00	20:28	5:06	71	6:10	193	8:10
Runde	2.00	10:13	5:06	117	3:05	318	3:59	6.00	30:41	5:06	69	9:01	190	12:09
Runde	2.00	10:32	5:15	123	3:32	344	4:16	8.00	41:13	5:09	69	12:14	190	16:25
Leichtathletikhalle	2.00	10:51	5:25	141	3:56	397	4:40	10.00	52:04	5:12	125	17:32	352	25:36