



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 |