



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Körner, Karsten

Club: Magdeburg

Number: 1385

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:17

Speed: 11.48 km/h

Running performance: 5:14 min/km

Rank in course/Total: 398 (of 618)

Rank in course/Men: 356 (of 500)

Best time in course: 31:03

Rank in category: 128(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	11:07	5:33	150	4:29	409	5:04	2.00	11:07	5:33	49	2:37	121	2:37
Runde	2.00	10:16	5:08	132	3:25	362	4:10	4.00	21:23	5:20	73	7:05	196	9:05
Runde	2.00	10:30	5:15	130	3:22	360	4:16	6.00	31:53	5:18	71	10:13	193	13:21
Runde	2.00	10:34	5:16	126	3:34	353	4:18	8.00	42:27	5:18	71	13:28	193	17:39
Leichtathletikhalle	2.00	9:50	4:55	95	2:55	279	3:39	10.00	52:17	5:13	128	17:45	357	25:49