



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Weigt, Thomas

Club: Oerlinghausen

Number: 1438

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:12

Speed: 11.28 km/h

Running performance: 5:19 min/km

Rank in course/Total: 418 (of 618)

Rank in course/Men: 373 (of 500)

Best time in course: 31:03

Rank in category: 134 (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	10:36	5:17	129	3:58	349	4:33	2.00	10:36	5:17	50	2:06	122	2:06
Runde	2.00	10:33	5:16	142	3:42	391	4:27	4.00	21:09	5:17	74	6:51	197	8:51
Runde	2.00	10:46	5:23	138	3:38	390	4:32	6.00	31:55	5:19	72	10:15	194	13:23
Runde	2.00	10:44	5:21	132	3:44	371	4:28	8.00	42:39	5:19	72	13:40	194	17:51
Leichtathletikhalle	2.00	10:33	5:16	127	3:38	366	4:22	10.00	53:12	5:19	134	18:40	374	26:44