



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stephan, Cliften

Club: Erfurt
Number: 1257

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:45

Speed: 10.96 km/h

Running performance: 5:29 min/km

Rank in course/Total: 473 (of 618)

Rank in course/Men: 413 (of 500)

Best time in course: 31:03

Rank in category: 147(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	10:17	5:08	111	3:39	307	4:14	2.00	10:17	5:08	52	1:47	126	1:47
Runde	2.00	10:40	5:19	147	3:49	405	4:34	4.00	20:57	5:14	76	6:39	201	8:39
Runde	2.00	11:12	5:35	151	4:04	430	4:58	6.00	32:09	5:21	74	10:29	198	13:37
Runde	2.00	11:24	5:42	152	4:24	427	5:08	8.00	43:33	5:26	74	14:34	198	18:45
Leichtathletikhalle	2.00	11:12	5:35	150	4:17	422	5:01	10.00	54:45	5:28	147	20:13	414	28:17