



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kahle, Stefan

Club: Erfurt

Number: 1504

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:43

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 303 (of 618)

Rank in course/Men: 275 (of 500)

Best time in course: 31:03

Rank in category: 95(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	10:28	5:14	118	3:50	325	4:25	2.00	10:28	5:14	54	1:58	132	1:58
Runde	2.00	9:59	4:59	115	3:08	315	3:53	4.00	20:27	5:06	78	6:09	208	8:09
Runde	2.00	9:55	4:57	97	2:47	272	3:41	6.00	30:22	5:03	76	8:42	205	11:50
Runde	2.00	9:52	4:56	86	2:52	252	3:36	8.00	40:14	5:01	76	11:15	205	15:26
Leichtathletikhalle	2.00	9:29	4:44	82	2:34	232	3:18	10.00	49:43	4:58	95	15:11	276	23:15