



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Seehof, Frank

Club: Thamsbrücker SV 1922 e.V.

Number: 1209

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:31

Speed: 12.90 km/h

Running performance: 4:39 min/km

Rank in course/Total: 197 (of 618)

Rank in course/Men: 184 (of 500)

Best time in course: 31:03

Rank in category: 71(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	9:29	4:44	75	2:51	211	3:26	2.00	9:29	4:44	55	0:59	138	0:59
Runde	2.00	9:13	4:36	73	2:22	191	3:07	4.00	18:42	4:40	79	4:24	214	6:24
Runde	2.00	9:28	4:44	80	2:20	213	3:14	6.00	28:10	4:41	77	6:30	211	9:38
Runde	2.00	9:24	4:42	67	2:24	179	3:08	8.00	37:34	4:41	77	8:35	211	12:46
Leichtathletikhalle	2.00	8:57	4:28	63	2:02	154	2:46	10.00	46:31	4:39	71	11:59	185	20:03