



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kelm, Thilo

Club: Erfurt
Number: 1460

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:11

Speed: 11.50 km/h

Running performance: 5:13 min/km

Rank in course/Total: 395 (of 618)

Rank in course/Men: 353 (of 500)

Best time in course: 31:03

Rank in category: 126(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	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	10:15	5:07	129	3:24	359	4:09	4.00	21:22	5:20	82	7:04	221	9:04
Runde	2.00	10:27	5:13	128	3:19	355	4:13	6.00	31:49	5:18	80	10:09	218	13:17
Runde	2.00	10:25	5:12	119	3:25	328	4:09	8.00	42:14	5:16	80	13:15	218	17:26
Leichtathletikhalle	2.00	9:57	4:58	101	3:02	294	3:46	10.00	52:11	5:13	126	17:39	354	25:43