



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Nuthmann, Thomas

Club: Elxleben

Number: 1140

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:52

Speed: 11.57 km/h

Running performance: 5:11 min/km

Rank in course/Total: 387 (of 618)

Rank in course/Men: 346 (of 500)

Best time in course: 31:03

Rank in category: 122(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:59	4:59	99	3:21	279	3:56	2.00	9:59	4:59	59	1:29	78	1:29
Runde	2.00	9:58	4:59	113	3:07	310	3:52	4.00	19:57	4:59	83	5:39	139	7:39
Runde	2.00	10:26	5:13	127	3:18	352	4:12	6.00	30:23	5:03	81	8:43	223	11:51
Runde	2.00	10:41	5:20	130	3:41	363	4:25	8.00	41:04	5:08	81	12:05	223	16:16
Leichtathletikhalle	2.00	10:48	5:24	138	3:53	391	4:37	10.00	51:52	5:11	122	17:20	347	25:24