



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stange, Mario

Club: Rennsteiglaufverein

Number: 1170

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:01

Speed: 11.11 km/h

Running performance: 5:24 min/km

Rank in course/Total: 450 (of 618)

Rank in course/Men: 395 (of 500)

Best time in course: 31:03

Rank in category: 140(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	10:46	5:23	138	4:08	373	4:43	2.00	10:46	5:23	60	2:16	63	2:16
Runde	2.00	10:14	5:06	128	3:23	356	4:08	4.00	21:00	5:15	84	6:42	227	8:42
Runde	2.00	10:49	5:24	139	3:41	391	4:35	6.00	31:49	5:18	80	10:09	218	13:17
Runde	2.00	10:59	5:29	140	3:59	394	4:43	8.00	42:48	5:20	82	13:49	224	18:00
Leichtathletikhah	2.00	11:13	5:36	151	4:18	424	5:02	10.00	54:01	5:24	140	19:29	396	27:33