



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Giersberg, Holger

Club: Erfurt
Number: 1463

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 55:03

Speed: 10.90 km/h

Running performance: 5:30 min/km

Rank in course/Total: 478 (of 618)

Rank in course/Men: 416 (of 500)

Best time in course: 31:03

Rank in category: 149(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	11:53	5:56	160	5:15	466	5:50	2.00	11:53	5:56	61	3:23	142	3:23
Runde	2.00	11:11	5:35	155	4:20	443	5:05	4.00	23:04	5:46	85	8:46	219	10:46
Runde	2.00	11:02	5:30	145	3:54	413	4:48	6.00	34:06	5:41	83	12:26	216	15:34
Runde	2.00	10:51	5:25	133	3:51	375	4:35	8.00	44:57	5:37	83	15:58	216	20:09
Leichtathletikhah	2.00	10:06	5:02	109	3:11	313	3:55	10.00	55:03	5:30	149	20:31	417	28:35