



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

HEMPEL, MATTHIAS

Club: ULTRARUNNER TEAM Suhl

Number: 1220

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:29

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course/Total: 404 (of 618)

Rank in course/Men: 359 (of 500)

Best time in course: 31:03

Rank in category: 129(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	9:37	4:48	84	2:59	239	3:34	2.00	9:37	4:48	65	1:07	73	1:07
Runde	2.00	9:47	4:53	99	2:56	274	3:41	4.00	19:24	4:50	89	5:06	247	7:06
Runde	2.00	10:40	5:19	134	3:32	376	4:26	6.00	30:04	5:00	87	8:24	244	11:32
Runde	2.00	11:01	5:30	142	4:01	400	4:45	8.00	41:05	5:08	87	12:06	244	16:17
Leichtathletikhalle	2.00	11:24	5:42	155	4:29	439	5:13	10.00	52:29	5:14	129	17:57	360	26:01