



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Unger, Thomas

Club: Erfurt
Number: 1423

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:50

Speed: 11.80 km/h

Running performance: 5:05 min/km

Rank in course/Total: 333 (of 618)

Rank in course/Men: 303 (of 500)

Best time in course: 31:03

Rank in category: 107(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	9:54	4:57	106	3:03	295	3:48	4.00	19:31	4:52	58	5:13	169	7:13
Runde	2.00	10:22	5:11	122	3:14	341	4:08	6.00	29:53	4:58	89	8:13	248	11:21
Runde	2.00	10:37	5:18	127	3:37	355	4:21	8.00	40:30	5:03	89	11:31	248	15:42
Leichtathletikhalle	2.00	10:20	5:10	119	3:25	343	4:09	10.00	50:50	5:05	107	16:18	304	24:22