



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Pausch, Enrico

Club: Erfurt
Number: 1143

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:10

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 320 (of 618)

Rank in course/Men: 289 (of 500)

Best time in course: 31:03

Rank in category: 102(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	11:05	5:32	149	4:27	403	5:02	2.00	11:05	5:32	69	2:35	175	2:35			
Runde	2.00	10:11	5:05	123	3:20	347	4:05	4.00	21:16	5:18	93	6:58	255	8:58			
Runde	2.00	9:53	4:56	91	2:45	262	3:39	6.00	31:09	5:11	91	9:29	207	12:37			
Runde	2.00	9:51	4:55	85	2:51	249	3:35	8.00	41:00	5:07	91	12:01	252	16:12			
Leichtathletikhalle	2.00	9:10	4:34	72	2:15	190	2:59	10.00	50:10	5:00	102	15:38	290	23:42			