



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

scheufler, soeren

Club: Dynamo Südring

Number: 1270

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:30

Speed: 12.37 km/h

Running performance: 4:51 min/km

Rank in course/Total: 263 (of 618)

Rank in course/Men: 243 (of 500)

Best time in course: 31:03

Rank in category: 87(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 | 9:26 | 4:43 | 74 | 2:48 | 207 | 3:23 | 2.00 | 9:26 | 4:43 | 72 | 0:56 | 76 | 0:56 |
| Runde | 2.00 | 9:25 | 4:42 | 82 | 2:34 | 221 | 3:19 | 4.00 | 18:51 | 4:42 | 96 | 4:33 | 94 | 6:33 |
| Runde | 2.00 | 9:53 | 4:56 | 91 | 2:45 | 262 | 3:39 | 6.00 | 28:44 | 4:47 | 94 | 7:04 | 264 | 10:12 |
| Runde | 2.00 | 10:06 | 5:02 | 101 | 3:06 | 284 | 3:50 | 8.00 | 38:50 | 4:51 | 94 | 9:51 | 264 | 14:02 |
| Leichtathletikhah | 2.00 | 9:40 | 4:49 | 86 | 2:45 | 256 | 3:29 | 10.00 | 48:30 | 4:50 | 87 | 13:58 | 244 | 22:02 |