



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Krannich, Steffen

Club: Altenfeld

Number: 1508

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:10

Speed: 13.00 km/h

Running performance: 4:37 min/km

Rank in course/Total: 185 (of 618)

Rank in course/Men: 173 (of 500)

Best time in course: 31:03

Rank in category: 67(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	9:10	4:34	63	2:32	177	3:07	2.00	9:10	4:34	164	0:40	478	0:40
Runde	2.00	9:24	4:42	81	2:33	217	3:18	4.00	18:34	4:38	99	4:16	275	6:16
Runde	2.00	9:19	4:39	70	2:11	188	3:05	6.00	27:53	4:38	97	6:13	272	9:21
Runde	2.00	9:12	4:35	59	2:12	153	2:56	8.00	37:05	4:38	97	8:06	272	12:17
Leichtathletikhalle	2.00	9:05	4:32	68	2:10	170	2:54	10.00	46:10	4:36	67	11:38	174	19:42