



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Fehringer, Carsten**

Club: Zella- Mehlis

Number: 1540

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 46:07

Speed: 13.01 km/h

Running performance: 4:37 min/km

Rank in course/Total: 184 (of 618)

Rank in course/Men: 172 (of 500)

Best time in course: 31:03

Rank in category: 66(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	9:32	4:46	77	2:54	221	3:29	2.00	9:32	4:46	75	1:02	197	1:02
Runde	2.00	8:57	4:28	58	2:06	157	2:51	4.00	18:29	4:37	101	4:11	287	6:11
Runde	2.00	9:10	4:34	63	2:02	169	2:56	6.00	27:39	4:36	99	5:59	284	9:07
Runde	2.00	9:19	4:39	64	2:19	169	3:03	8.00	36:58	4:37	99	7:59	143	12:10
Leichtathletikhalle	2.00	9:09	4:34	71	2:14	186	2:58	10.00	46:07	4:36	66	11:35	173	19:39