



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 | | | Pos | | Behind | | Total | | | Pos | | Behind | |
|---------------------|-------|------|--------|------|------|--------|------|-------|-------|--------|------|-------|--------|-------|
| | km | Time | min/km | Cat. | Cat. | Men | Men | km | Time | min/km | Cat. | Cat. | Men | 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 |