



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Prax, Jens

Club: Kranichborn

Number: 1574

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 45:23

Speed: 13.22 km/h

Running performance: 4:32 min/km

Rank in course/Total: 162 (of 618)

Rank in course/Men: 152 (of 500)

Best time in course: 31:03

Rank in category: 59(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	9:15	4:37	66	2:37	185	3:12	2.00	9:15	4:37	167	0:45	486	0:45
Runde	2.00	9:00	4:30	60	2:09	162	2:54	4.00	18:15	4:33	103	3:57	98	5:57
Runde	2.00	9:05	4:32	59	1:57	155	2:51	6.00	27:20	4:33	101	5:40	290	8:48
Runde	2.00	9:13	4:36	61	2:13	155	2:57	8.00	36:33	4:34	101	7:34	220	11:45
Leichtathletikhalle	2.00	8:50	4:25	54	1:55	138	2:39	10.00	45:23	4:32	59	10:51	153	18:55