



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Koch, Mathias

Club: Erfurt
Number: 1452

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:45

Speed: 11.59 km/h

Running performance: 5:11 min/km

Rank in course/Total: 380 (of 618)

Rank in course/Men: 339 (of 500)

Best time in course: 31:03

Rank in category: 121 (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. | Pos Men | Behind Men | Total | | Total | | Total | | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
|---------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------|-------|--------|-----|--------|-----|-------------|----------------|------------|---------------|
| | | | | | | | | km | Time | min/km | Pos | Behind | Pos | | | | |
| Runde | 2.00 | 10:10 | 5:04 | 105 | 3:32 | 294 | 4:07 | 2.00 | 10:10 | 5:04 | 78 | 1:40 | 136 | 1:40 | | | |
| Runde | 2.00 | 10:13 | 5:06 | 125 | 3:22 | 353 | 4:07 | 4.00 | 20:23 | 5:05 | 105 | 6:05 | 301 | 8:05 | | | |
| Runde | 2.00 | 10:22 | 5:11 | 122 | 3:14 | 341 | 4:08 | 6.00 | 30:45 | 5:07 | 103 | 9:05 | 227 | 12:13 | | | |
| Runde | 2.00 | 10:30 | 5:15 | 121 | 3:30 | 341 | 4:14 | 8.00 | 41:15 | 5:09 | 103 | 12:16 | 227 | 16:27 | | | |
| Leichtathletikhalle | 2.00 | 10:30 | 5:15 | 126 | 3:35 | 361 | 4:19 | 10.00 | 51:45 | 5:10 | 121 | 17:13 | 340 | 25:17 | | | |