



# 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.	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	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