



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wilfling, Gerd

Club: ASV Erfurt

Number: 1259

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 39:24

Speed: 15.23 km/h

Running performance: 3:56 min/km

Rank in course/Total: 39 (of 618)

Rank in course/Men: 36 (of 500)

Best time in course: 31:03

Rank in category: 9(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	7:29	3:44	7	0:51	36	1:26	2.00	7:29	3:44	79			218	
Runde	2.00	7:53	3:56	8	1:02	37	1:47	4.00	15:22	3:50	106	1:04	310	3:04	
Runde	2.00	7:59	3:59	7	0:51	35	1:45	6.00	23:21	3:53	104	1:41	307	4:49	
Runde	2.00	8:04	4:01	9	1:04	35	1:48	8.00	31:25	3:55	104	2:26	307	6:37	
Leichtathletikhalle	2.00	7:59	3:59	12	1:04	42	1:48	10.00	39:24	3:56	9	4:52	37	12:56	