



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schäfer, Heiko

Club: Gotha

Number: 1165

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:40

Speed: 10.98 km/h

Running performance: 5:28 min/km

Rank in course/Total: 470 (of 618)

Rank in course/Men: 410 (of 500)

Best time in course: 31:03

Rank in category: 145 (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	10:56	5:28	147	4:18	392	4:53	2.00	10:56	5:28	81	2:26	227	2:26
Runde	2.00	10:45	5:22	148	3:54	413	4:39	4.00	21:41	5:25	108	7:23	320	9:23
Runde	2.00	10:54	5:27	142	3:46	399	4:40	6.00	32:35	5:25	106	10:55	317	14:03
Runde	2.00	11:03	5:31	143	4:03	401	4:47	8.00	43:38	5:27	106	14:39	317	18:50
Leichtathletikhalle	2.00	11:02	5:30	147	4:07	413	4:51	10.00	54:40	5:28	145	20:08	411	28:12