



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 | |