



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Oesterheld, Karsten

Club: Salomonsborn

Number: 252

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M40 (40-49 Jahre)

Total time: 17:54

Speed: 13.41 km/h

Running performance: 4:28 min/km

Rank in course/Total: 72 (of 389)

Rank in course/Men: 58 (of 249)

Best time in course: 11:54

Rank in category: 11(of 63)

Best time in the category: 14:23

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 | 8:53 | 4:26 | 13 | 1:52 | 65 | 2:54 | 2.00 | 8:53 | 4:26 | 42 | | 60 | 2:53 |
| Leichtathletikhall | 2.00 | 9:01 | 4:30 | 11 | 1:39 | 60 | 3:07 | 4.00 | 17:54 | 4:28 | 11 | 3:31 | 58 | 6:00 |