



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Leister, Karl- Heinz

Club: SpVgg Faulungen 21

Number: 1487

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:23

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 427 (of 618)

Rank in course/Men: 378 (of 500)

Best time in course: 31:03

Rank in category: 136(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	10:27	5:13	116	3:49	323	4:24	2.00	10:27	5:13	84	1:57	235	1:57
Runde	2.00	10:27	5:13	140	3:36	383	4:21	4.00	20:54	5:13	111	6:36	328	8:36
Runde	2.00	10:44	5:21	136	3:36	383	4:30	6.00	31:38	5:16	109	9:58	183	13:06
Runde	2.00	10:55	5:27	137	3:55	388	4:39	8.00	42:33	5:19	109	13:34	325	17:45
Leichtathletikhalle	2.00	10:50	5:25	140	3:55	394	4:39	10.00	53:23	5:20	136	18:51	379	26:55