



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Niemann, Detlef

Club: Fitness

Number: 1458

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 59:37

Speed: 10.06 km/h

Running performance: 5:58 min/km

Rank in course/Total: 563 (of 618)

Rank in course/Men: 472 (of 500)

Best time in course: 31:03

Rank in category: 162(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	11:26	5:43	155	4:48	436	5:23	2.00	11:26	5:43	87	2:56	240	2:56
Runde	2.00	11:26	5:43	159	4:35	460	5:20	4.00	22:52	5:43	114	8:34	334	10:34
Runde	2.00	12:20	6:10	164	5:12	483	6:06	6.00	35:12	5:52	112	13:32	331	16:40
Runde	2.00	12:12	6:05	162	5:12	471	5:56	8.00	47:24	5:55	112	18:25	331	22:36
Leichtathletikhah	2.00	12:13	6:06	164	5:18	475	6:02	10.00	59:37	5:57	162	25:05	473	33:09