



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wilcken, Rene

Club: FSV Sömmerda

Number: 1158

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:33

Speed: 12.11 km/h

Running performance: 4:58 min/km

Rank in course/Total: 299 (of 618)

Rank in course/Men: 272 (of 500)

Best time in course: 31:03

Rank in category: 93(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	8:42	4:20	52	2:04	133	2:39	2.00	8:42	4:20	8	0:12	21	0:12
Runde	2.00	9:41	4:50	89	2:50	255	3:35	4.00	18:23	4:35	116	4:05	337	6:05
Runde	2.00	10:08	5:03	108	3:00	298	3:54	6.00	28:31	4:45	49	6:51	146	9:59
Runde	2.00	10:22	5:11	116	3:22	323	4:06	8.00	38:53	4:51	114	9:54	334	14:05
Leichtathletikhalle	2.00	10:40	5:19	131	3:45	377	4:29	10.00	49:33	4:57	93	15:01	273	23:05