



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schirnbacher, André

Club: Erfurt
Number: 1029

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:18

Speed: 11.26 km/h
Running performance: 5:20 min/km

Rank in course/Total: 423 (of 618)

Rank in course/Men: 376 (of 500)

Best time in course: 31:03

Rank in category: 135 (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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	10:24	5:12	115	3:46	318	4:21	2.00	10:24	5:12	92	1:54	253	1:54			
Runde	2.00	10:15	5:07	129	3:24	359	4:09	4.00	20:39	5:09	119	6:21	347	8:21			
Runde	2.00	10:44	5:21	136	3:36	383	4:30	6.00	31:23	5:13	117	9:43	242	12:51			
Runde	2.00	10:54	5:27	136	3:54	385	4:38	8.00	42:17	5:17	117	13:18	344	17:29			
Leichtathletikhalle	2.00	11:01	5:30	146	4:06	412	4:50	10.00	53:18	5:19	135	18:46	377	26:50			