



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Heymig, Michael

Club: Arthrose-Laufclub Wuppertal

Number: 1444

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 52:53

Speed: 11.35 km/h

Running performance: 5:17 min/km

Rank in course/Total: 411 (of 618)

Rank in course/Men: 366 (of 500)

Best time in course: 31:03

Rank in category: 132(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.	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	10:59	5:29	148	4:21	394	4:56	2.00	10:59	5:29	93	2:29	120	2:29
Runde	2.00	10:19	5:09	137	3:28	372	4:13	4.00	21:18	5:19	120	7:00	236	9:00
Runde	2.00	10:12	5:05	116	3:04	317	3:58	6.00	31:30	5:15	118	9:50	350	12:58
Runde	2.00	10:39	5:19	129	3:39	357	4:23	8.00	42:09	5:16	118	13:10	207	17:21
Leichtathletikhalle	2.00	10:44	5:21	133	3:49	382	4:33	10.00	52:53	5:17	132	18:21	367	26:25