



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wieschalla, Holger

Club: Drei Gleichen

Number: 1418

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:20

Speed: 11.69 km/h

Running performance: 5:08 min/km

Rank in course/Total: 356 (of 618)

Rank in course/Men: 321 (of 500)

Best time in course: 31:03

Rank in category: 115(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 | 10:32 | 5:15 | 123 | 3:54 | 337 | 4:29 | 2.00 | 10:32 | 5:15 | 64 | 2:02 | 164 | 2:02 | | | |
| Runde | 2.00 | 10:23 | 5:11 | 138 | 3:32 | 379 | 4:17 | 4.00 | 20:55 | 5:13 | 123 | 6:37 | 359 | 8:37 | | | |
| Runde | 2.00 | 10:19 | 5:09 | 120 | 3:11 | 333 | 4:05 | 6.00 | 31:14 | 5:12 | 121 | 9:34 | 356 | 12:42 | | | |
| Runde | 2.00 | 10:14 | 5:06 | 108 | 3:14 | 302 | 3:58 | 8.00 | 41:28 | 5:11 | 121 | 12:29 | 356 | 16:40 | | | |
| Leichtathletikhalle | 2.00 | 9:52 | 4:56 | 97 | 2:57 | 285 | 3:41 | 10.00 | 51:20 | 5:08 | 115 | 16:48 | 322 | 24:52 | | | |