



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schröder, Frank

Club: Erfurt
Number: 1417

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:59

Speed: 11.54 km/h

Running performance: 5:12 min/km

Rank in course/Total: 391 (of 618)

Rank in course/Men: 349 (of 500)

Best time in course: 31:03

Rank in category: 124 (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	11:08	5:33	152	4:30	411	5:05	2.00	11:08	5:33	99	2:38	269	2:38			
Runde	2.00	10:18	5:09	135	3:27	369	4:12	4.00	21:26	5:21	126	7:08	363	9:08			
Runde	2.00	10:01	5:00	106	2:53	286	3:47	6.00	31:27	5:14	124	9:47	360	12:55			
Runde	2.00	10:19	5:09	112	3:19	315	4:03	8.00	41:46	5:13	124	12:47	360	16:58			
Leichtathletikhalle	2.00	10:13	5:06	116	3:18	329	4:02	10.00	51:59	5:11	124	17:27	350	25:31			