



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wegler, Dirk

Club: Erfurt
Number: 1347

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:58

Speed: 11.12 km/h

Running performance: 5:24 min/km

Rank in course/Total: 448 (of 618)

Rank in course/Men: 393 (of 500)

Best time in course: 31:03

Rank in category: 139(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	10:07	5:03	103	3:29	290	4:04	2.00	10:07	5:03	100	1:37	270	1:37			
Runde	2.00	10:48	5:24	151	3:57	418	4:42	4.00	20:55	5:13	123	6:37	359	8:37			
Runde	2.00	11:09	5:34	148	4:01	422	4:55	6.00	32:04	5:20	125	10:24	361	13:32			
Runde	2.00	11:09	5:34	147	4:09	411	4:53	8.00	43:13	5:24	125	14:14	186	18:25			
Leichtathletikhalle	2.00	10:45	5:22	134	3:50	385	4:34	10.00	53:58	5:23	139	19:26	394	27:30			