



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Dalbert, Frank

Club: Chaosteam

Number: 1212

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:43

Speed: 10.97 km/h

Running performance: 5:28 min/km

Rank in course/Total: 472 (of 618)

Rank in course/Men: 412 (of 500)

Best time in course: 31:03

Rank in category: 146(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 km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:14	5:06	109	3:36	302	4:11	2.00	10:14	5:06	12	1:44	25	1:44
Runde	2.00	10:52	5:26	152	4:01	421	4:46	4.00	21:06	5:16	128	6:48	189	8:48
Runde	2.00	11:13	5:36	152	4:05	432	4:59	6.00	32:19	5:23	126	10:39	363	13:47
Runde	2.00	11:24	5:42	152	4:24	427	5:08	8.00	43:43	5:27	126	14:44	253	18:55
Leichtathletikhalle	2.00	11:00	5:30	145	4:05	410	4:49	10.00	54:43	5:28	146	20:11	413	28:15