



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hartmann, Alexander

Club: Bad Langensalza

Number: 1117

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:15

Speed: 12.44 km/h

Running performance: 4:49 min/km

Rank in course/Total: 254 (of 618)

Rank in course/Men: 235 (of 500)

Best time in course: 31:03

Rank in category: 85(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	8:58	4:29	56	2:20	157	2:55	2.00	8:58	4:29	157	0:28	458	0:28
Runde	2.00	9:43	4:51	94	2:52	263	3:37	4.00	18:41	4:40	130	4:23	167	6:23
Runde	2.00	9:44	4:51	86	2:36	244	3:30	6.00	28:25	4:44	128	6:45	367	9:53
Runde	2.00	10:02	5:00	94	3:02	273	3:46	8.00	38:27	4:48	56	9:28	166	13:39
Leichtathletikhalle	2.00	9:48	4:54	94	2:53	276	3:37	10.00	48:15	4:49	85	13:43	236	21:47