



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

König, Jörg

Club: Quasti

Number: 1105

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 58:58

Speed: 10.18 km/h

Running performance: 5:54 min/km

Rank in course/Total: 557 (of 618)

Rank in course/Men: 466 (of 500)

Best time in course: 31:03

Rank in category: 161 (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	11:57	5:58	163	5:19	471	5:54	2.00	11:57	5:58	104	3:27	221	3:27
Runde	2.00	11:42	5:50	162	4:51	473	5:36	4.00	23:39	5:54	132	9:21	283	11:21
Runde	2.00	11:48	5:54	159	4:40	464	5:34	6.00	35:27	5:54	130	13:47	371	16:55
Runde	2.00	11:55	5:57	159	4:55	456	5:39	8.00	47:22	5:55	130	18:23	371	22:34
Leichtathletikhalle	2.00	11:36	5:47	157	4:41	450	5:25	10.00	58:58	5:53	161	24:26	467	32:30