



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Starke, Kay

Club: Die phantastischen Drei !!

Number: 1231

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 54:32

Speed: 11.00 km/h

Running performance: 5:27 min/km

Rank in course/Total: 465 (of 618)

Rank in course/Men: 405 (of 500)

Best time in course: 31:03

Rank in category: 144(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	10:40	5:19	133	4:02	357	4:37	2.00	10:40	5:19	105	2:10	280	2:10			
Runde	2.00	10:39	5:19	146	3:48	402	4:33	4.00	21:19	5:19	134	7:01	281	9:01			
Runde	2.00	11:08	5:33	147	4:00	421	4:54	6.00	32:27	5:24	132	10:47	373	13:55			
Runde	2.00	11:07	5:33	145	4:07	407	4:51	8.00	43:34	5:26	132	14:35	373	18:46			
Leichtathletikhalle	2.00	10:58	5:29	143	4:03	407	4:47	10.00	54:32	5:27	144	20:00	406	28:04			