



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Krause, Konstantin

Total time: 55:34

Club: Weitsprung-Meeting der Weltklasse Bad Langensalza

Speed: 10.80 km/h

Number: 1365

Running performance: 5:34 min/km

Course: 10.00 km

Rank in course/Total: 492 (of 618)

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Rank in course/Men: 425 (of 500)

Best time in course: 31:03

Category:

Rank in category: 152 (of 171)

Senioren M40 (40-49 Jahre)

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	11:55	5:57	162	5:17	470	5:52	2.00	11:55	5:57	107	3:25	283	3:25			
Runde	2.00	11:12	5:35	156	4:21	446	5:06	4.00	23:07	5:46	135	8:49	351	10:49			
Runde	2.00	11:17	5:38	154	4:09	437	5:03	6.00	34:24	5:44	133	12:44	375	15:52			
Runde	2.00	11:00	5:30	141	4:00	398	4:44	8.00	45:24	5:40	133	16:25	341	20:36			
Leichtathletikhalle	2.00	10:10	5:04	113	3:15	323	3:59	10.00	55:34	5:33	152	21:02	426	29:06			