



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Giesmann, Dirk

Club: LTV Erfurt

Number: 1505

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:15

Speed: 12.18 km/h

Running performance: 4:55 min/km

Rank in course/Total: 287 (of 618)

Rank in course/Men: 264 (of 500)

Best time in course: 31:03

Rank in category: 89(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:39	5:19	132	4:01	353	4:36	2.00	10:39	5:19	108	2:09	143	2:09
Runde	2.00	9:48	4:54	100	2:57	276	3:42	4.00	20:27	5:06	78	6:09	208	8:09
Runde	2.00	9:36	4:47	83	2:28	229	3:22	6.00	30:03	5:00	135	8:23	387	11:31
Runde	2.00	9:43	4:51	81	2:43	230	3:27	8.00	39:46	4:58	135	10:47	387	14:58
Leichtathletikhalle	2.00	9:29	4:44	82	2:34	232	3:18	10.00	49:15	4:55	89	14:43	265	22:47