



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Münch, Heiko**

Club: SC Impuls Erfurt

Number: 1142

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:13

Speed: 13.57 km/h

Running performance: 4:25 min/km

Rank in course/Total: 130 (of 618)

Rank in course/Men: 122 (of 500)

Best time in course: 31:03

Rank in category: 46(of 171)

Best time in the category: 34:32

### Intermediate times

### Stage score

### Total ranking

| Control             | Split |      | Pos  | Behind | Stage score |      | Pos  | Behind | Total |      | Pos | Behind | Total ranking |       |
|---------------------|-------|------|------|--------|-------------|------|------|--------|-------|------|-----|--------|---------------|-------|
|                     | km    | Time |      |        | min/km      | Cat. |      |        | Men   | Men  |     |        | km            | Time  |
| Runde               | 2.00  | 8:56 | 4:28 | 55     | 2:18        | 156  | 2:53 | 2.00   | 8:56  | 4:28 | 156 | 0:26   | 457           | 0:26  |
| Runde               | 2.00  | 8:37 | 4:18 | 38     | 1:46        | 109  | 2:31 | 4.00   | 17:33 | 4:23 | 140 | 3:15   | 396           | 5:15  |
| Runde               | 2.00  | 8:50 | 4:25 | 41     | 1:42        | 113  | 2:36 | 6.00   | 26:23 | 4:23 | 138 | 4:43   | 393           | 7:51  |
| Runde               | 2.00  | 8:59 | 4:29 | 44     | 1:59        | 118  | 2:43 | 8.00   | 35:22 | 4:25 | 138 | 6:23   | 393           | 10:34 |
| Leichtathletikhalle | 2.00  | 8:51 | 4:25 | 56     | 1:56        | 141  | 2:40 | 10.00  | 44:13 | 4:25 | 46  | 9:41   | 123           | 17:45 |