



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Zech, Roger

Club: LTZ Greussen

Number: 1547

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:42

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 301 (of 618)

Rank in course/Men: 274 (of 500)

Best time in course: 31:03

Rank in category: 94 (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	9:52	4:56	91	3:14	262	3:49	2.00	9:52	4:56	53	1:22	111	1:22
Runde	2.00	9:41	4:50	89	2:50	255	3:35	4.00	19:33	4:53	35	5:15	100	7:15
Runde	2.00	9:59	4:59	103	2:51	280	3:45	6.00	29:32	4:55	26	7:52	77	11:00
Runde	2.00	10:08	5:03	102	3:08	286	3:52	8.00	39:40	4:57	75	10:41	203	14:52
Leichtathletikhalle	2.00	10:02	5:00	106	3:07	307	3:51	10.00	49:42	4:58	94	15:10	275	23:14