



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Aberle, Karsten

Club: KOMALÄUFER

Number: 1436

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:22

Speed: 12.15 km/h

Running performance: 4:56 min/km

Rank in course/Total: 294 (of 618)

Rank in course/Men: 268 (of 500)

Best time in course: 31:03

Rank in category: 91(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	10:13	5:06	108	3:35	300	4:10	2.00	10:13	5:06	114	1:43	55	1:43
Runde	2.00	9:46	4:53	97	2:55	270	3:40	4.00	19:59	4:59	144	5:41	205	7:41
Runde	2.00	9:44	4:51	86	2:36	244	3:30	6.00	29:43	4:57	142	8:03	412	11:11
Runde	2.00	9:53	4:56	87	2:53	253	3:37	8.00	39:36	4:57	142	10:37	247	14:48
Leichtathletikhalle	2.00	9:46	4:53	92	2:51	273	3:35	10.00	49:22	4:56	91	14:50	269	22:54