



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kellner, Roland

Club: SPVGG Faulungen

Number: 1563

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:52

Speed: 11.57 km/h

Running performance: 5:11 min/km

Rank in course/Total: 388 (of 618)

Rank in course/Men: 346 (of 500)

Best time in course: 31:03

Rank in category: 122(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:51	5:25	145	4:13	386	4:48	2.00	10:51	5:25	115	2:21	318	2:21
Runde	2.00	10:34	5:16	143	3:43	392	4:28	4.00	21:25	5:21	145	7:07	341	9:07
Runde	2.00	10:29	5:14	129	3:21	358	4:15	6.00	31:54	5:18	143	10:14	413	13:22
Runde	2.00	10:13	5:06	106	3:13	300	3:57	8.00	42:07	5:15	143	13:08	413	17:19
Leichtathletikhalle	2.00	9:45	4:52	90	2:50	269	3:34	10.00	51:52	5:11	122	17:20	347	25:24