



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gunkel, Sven

Club: Ichttershausen

Number: 1368

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:15

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 351 (of 618)

Rank in course/Men: 316 (of 500)

Best time in course: 31:03

Rank in category: 112(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	9:36	4:47	83	2:58	230	3:33	2.00	9:36	4:47	116	1:06	108	1:06
Runde	2.00	10:01	5:00	119	3:10	321	3:55	4.00	19:37	4:54	146	5:19	101	7:19
Runde	2.00	10:22	5:11	122	3:14	341	4:08	6.00	29:59	4:59	144	8:19	240	11:27
Runde	2.00	10:41	5:20	130	3:41	363	4:25	8.00	40:40	5:04	144	11:41	238	15:52
Leichtathletikhalle	2.00	10:35	5:17	128	3:40	369	4:24	10.00	51:15	5:07	112	16:43	317	24:47