



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hesse, Ingo

Club: TSV Alperstedt

Number: 1354

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 49:56

Speed: 12.02 km/h

Running performance: 4:59 min/km

Rank in course/Total: 311 (of 618)

Rank in course/Men: 283 (of 500)

Best time in course: 31:03

Rank in category: 100(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	9:34	4:46	80	2:56	226	3:31	2.00	9:34	4:46	39	1:04	102	1:04
Runde	2.00	10:07	5:03	121	3:16	334	4:01	4.00	19:41	4:55	147	5:23	327	7:23
Runde	2.00	10:00	5:00	105	2:52	284	3:46	6.00	29:41	4:56	145	8:01	415	11:09
Runde	2.00	10:15	5:07	110	3:15	306	3:59	8.00	39:56	4:59	145	10:57	415	15:08
Leichtathletikhalle	2.00	10:00	5:00	105	3:05	303	3:49	10.00	49:56	4:59	100	15:24	284	23:28