



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Dreyße, Mike

Club: Herbsleben

Number: 1153

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 1:02:48

Speed: 9.55 km/h

Running performance: 6:17 min/km

Rank in course/Total: 594 (of 618)

Rank in course/Men: 486 (of 500)

Best time in course: 31:03

Rank in category: 165(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	11:43	5:51	156	5:05	450	5:40	2.00	11:43	5:51	118	3:13	332	3:13
Runde	2.00	12:16	6:08	167	5:25	487	6:10	4.00	23:59	5:59	104	9:41	298	11:41
Runde	2.00	12:43	6:21	168	5:35	490	6:29	6.00	36:42	6:07	146	15:02	427	18:10
Runde	2.00	13:01	6:30	166	6:01	486	6:45	8.00	49:43	6:12	146	20:44	427	24:55
Leichtathletikhalle	2.00	13:05	6:32	167	6:10	487	6:54	10.00	1:02:48	6:16	165	28:16	487	36:20