



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Langenhan, Detlef

Club: Erfurt

Number: 1043

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 1:02:57

Speed: 9.53 km/h

Running performance: 6:18 min/km

Rank in course/Total: 595 (of 618)

Rank in course/Men: 487 (of 500)

Best time in course: 31:03

Rank in category: 166(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	12:19	6:09	166	5:41	484	6:16	2.00	12:19	6:09	119	3:49	336	3:49
Runde	2.00	12:18	6:09	168	5:27	488	6:12	4.00	24:37	6:09	149	10:19	434	12:19
Runde	2.00	12:35	6:17	165	5:27	486	6:21	6.00	37:12	6:12	147	15:32	431	18:40
Runde	2.00	13:03	6:31	167	6:03	489	6:47	8.00	50:15	6:16	147	21:16	431	25:27
Leichtathletikhalle	2.00	12:42	6:20	165	5:47	480	6:31	10.00	1:02:57	6:17	166	28:25	488	36:29