



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Förster, Rene

Club: SDV Suhl

Number: 1687

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:35

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 372 (of 618)

Rank in course/Men: 334 (of 500)

Best time in course: 31:03

Rank in category: 120(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	10:49	5:24	142	4:11	381	4:46	2.00	10:49	5:24	83	2:19	233	2:19
Runde	2.00	9:53	4:56	104	3:02	291	3:47	4.00	20:42	5:10	92	6:24	252	8:24
Runde	2.00	9:56	4:58	100	2:48	275	3:42	6.00	30:38	5:06	119	8:58	351	12:06
Runde	2.00	10:21	5:10	114	3:21	320	4:05	8.00	40:59	5:07	149	12:00	437	16:11
Leichtathletikhalle	2.00	10:36	5:17	129	3:41	370	4:25	10.00	51:35	5:09	120	17:03	335	25:07