



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Janke, Claus

Club: Erfurt
Number: 1003

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:56

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course/Total: 338 (of 618)

Rank in course/Men: 308 (of 500)

Best time in course: 31:03

Rank in category: 108(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	10:30	5:15	120	3:52	332	4:27	2.00	10:30	5:15	48	2:00	119	2:00
Runde	2.00	9:55	4:57	110	3:04	300	3:49	4.00	20:25	5:06	156	6:07	210	8:07
Runde	2.00	10:07	5:03	107	2:59	293	3:53	6.00	30:32	5:05	154	8:52	449	12:00
Runde	2.00	10:16	5:08	111	3:16	309	4:00	8.00	40:48	5:05	154	11:49	449	16:00
Leichtathletikhalle	2.00	10:08	5:03	111	3:13	318	3:57	10.00	50:56	5:05	108	16:24	309	24:28