



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Leffler, Mirko**

Club: ULTRARUNNER-TEAM.de

Number: 1237

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 44:46

Speed: 13.40 km/h

Running performance: 4:29 min/km

Rank in course/Total: 149 (of 618)

Rank in course/Men: 139 (of 500)

Best time in course: 31:03

Rank in category: 51(of 171)

Best time in the category: 34:32

### Intermediate times

### Stage score

### Total ranking

| Control             | Split |      | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|---------------------|-------|------|-----------------|-------------|----------------|-------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                     | km    | Time |                 |             |                | Pos<br>Men  | Behind<br>Men |             |               |                 |             |                |            |               |
| Runde               | 2.00  | 9:19 | 4:39            | 68          | 2:41           | 191         | 3:16          | 2.00        | 9:19          | 4:39            | 169         | 0:49           | 492        | 0:49          |
| Runde               | 2.00  | 8:44 | 4:21            | 49          | 1:53           | 129         | 2:38          | 4.00        | 18:03         | 4:30            | 159         | 3:45           | 456        | 5:45          |
| Runde               | 2.00  | 9:00 | 4:30            | 55          | 1:52           | 142         | 2:46          | 6.00        | 27:03         | 4:30            | 45          | 5:23           | 140        | 8:31          |
| Runde               | 2.00  | 9:01 | 4:30            | 49          | 2:01           | 125         | 2:45          | 8.00        | 36:04         | 4:30            | 157         | 7:05           | 453        | 11:16         |
| Leichtathletikhalle | 2.00  | 8:42 | 4:20            | 44          | 1:47           | 117         | 2:31          | 10.00       | 44:46         | 4:28            | 51          | 10:14          | 140        | 18:18         |