



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stein, André

Club: PHOTO PERFECT Suhl

Number: 1275

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 1:01:59

Speed: 9.68 km/h

Running performance: 6:12 min/km

Rank in course/Total: 584 (of 618)

Rank in course/Men: 481 (of 500)

Best time in course: 31:03

Rank in category: 164 (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	12:33	6:16	170	5:55	492	6:30	2.00	12:33	6:16	129	4:03	361	4:03
Runde	2.00	12:52	6:26	170	6:01	492	6:46	4.00	25:25	6:21	161	11:07	466	13:07
Runde	2.00	12:42	6:20	167	5:34	489	6:28	6.00	38:07	6:21	159	16:27	463	19:35
Runde	2.00	12:07	6:03	161	5:07	464	5:51	8.00	50:14	6:16	159	21:15	463	25:26
Leichtathletikhalle	2.00	11:45	5:52	159	4:50	456	5:34	10.00	1:01:59	6:11	164	27:27	482	35:31