



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Saitz, Stefan

Club: LKV Erfurt

Number: 1864

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 51:22

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course/Total: 360 (of 618)

Rank in course/Men: 324 (of 500)

Best time in course: 31:03

Rank in category: 116(of 171)

Best time in the category: 34:32

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	11:23	5:41	154	4:45	432	5:20	2.00	11:23	5:41	130	2:53	156	2:53
Runde	2.00	9:59	4:59	115	3:08	315	3:53	4.00	21:22	5:20	82	7:04	221	9:04
Runde	2.00	10:10	5:04	113	3:02	307	3:56	6.00	31:32	5:15	160	9:52	232	13:00
Runde	2.00	10:04	5:01	97	3:04	277	3:48	8.00	41:36	5:12	160	12:37	209	16:48
Leichtathletikhalle	2.00	9:46	4:53	92	2:51	273	3:35	10.00	51:22	5:08	116	16:50	325	24:54