



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ellinger, Dirk

Club: GMRLV Döllstädt

Number: 1544

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 50:19

Speed: 11.92 km/h

Running performance: 5:02 min/km

Rank in course/Total: 322 (of 618)

Rank in course/Men: 293 (of 500)

Best time in course: 31:03

Rank in category: 105(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	9:34	4:46	80	2:56	226	3:31	2.00	9:34	4:46	39	1:04	102	1:04
Runde	2.00	9:46	4:53	97	2:55	270	3:40	4.00	19:20	4:49	163	5:02	476	7:02
Runde	2.00	10:11	5:05	115	3:03	310	3:57	6.00	29:31	4:55	161	7:51	64	10:59
Runde	2.00	10:20	5:10	113	3:20	317	4:04	8.00	39:51	4:58	161	10:52	465	15:03
Leichtathletikhah	2.00	10:28	5:14	125	3:33	359	4:17	10.00	50:19	5:01	105	15:47	294	23:51