



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hoose, Karl-Georg

Club: SWE-Laufteam

Number: 1184

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 48:59

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 278 (of 618)

Rank in course/Men: 255 (of 500)

Best time in course: 31:03

Rank in category: 88(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	9:46	4:53	89	3:08	254	3:43	2.00	9:46	4:53	132	1:16	371	1:16
Runde	2.00	9:35	4:47	86	2:44	240	3:29	4.00	19:21	4:50	80	5:03	215	7:03
Runde	2.00	9:42	4:50	84	2:34	238	3:28	6.00	29:03	4:50	48	7:23	144	10:31
Runde	2.00	9:57	4:58	89	2:57	261	3:41	8.00	39:00	4:52	162	10:01	118	14:12
Leichtathletikhalle	2.00	9:59	4:59	104	3:04	302	3:48	10.00	48:59	4:53	88	14:27	256	22:31