



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Steinuk, Mario

Club: SWE LaufTeam

Number: 1881

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M40 (40-49 Jahre)

Total time: 53:40

Speed: 11.18 km/h

Running performance: 5:22 min/km

Rank in course/Total: 439 (of 618)

Rank in course/Men: 387 (of 500)

Best time in course: 31:03

Rank in category: 137(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men	
								km	Time	min/km	Pos	Behind	Pos					Behind
Runde	2.00	10:52	5:26	146	4:14	387	4:49	2.00	10:52	5:26	136	2:22	176	2:22				
Runde	2.00	10:28	5:14	141	3:37	385	4:22	4.00	21:20	5:19	168	7:02	487	9:02				
Runde	2.00	10:43	5:21	135	3:35	379	4:29	6.00	32:03	5:20	166	10:23	484	13:31				
Runde	2.00	10:52	5:26	134	3:52	377	4:36	8.00	42:55	5:21	166	13:56	484	18:07				
Leichtathletikhalle	2.00	10:45	5:22	134	3:50	385	4:34	10.00	53:40	5:21	137	19:08	388	27:12				