



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schneider, Jürgen

Club: Schmiedefeld

Number: 1899

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M60 (60-69 Jahre)

Total time: 54:25

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 461 (of 618)

Rank in course/Men: 400 (of 500)

Best time in course: 31:03

Rank in category: 15(of 20)

Best time in the category: 41:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	11:10	5:34	16	4:55	413	5:07	2.00	11:10	5:34	2	0:41	309	2:40
Runde	2.00	10:51	5:25	15	4:45	420	4:45	4.00	22:01	5:30	2	1:29	495	9:43
Runde	2.00	10:52	5:26	14	4:27	396	4:38	6.00	32:53	5:28	2	1:54	492	14:21
Runde	2.00	10:54	5:27	14	4:22	385	4:38	8.00	43:47	5:28	2	2:15	492	18:59
Leichtathletikhalle	2.00	10:38	5:18	12	2:15	376	4:27	10.00	54:25	5:26	15	12:26	401	27:57