



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Tuch, Jürgen

Club: ASV Erfurt

Number: 1728

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 36:19

Speed: 16.52 km/h

Running performance: 3:38 min/km

Rank in course/Total: 17 (of 618)

Rank in course/Men: 16 (of 500)

Best time in course: 31:03

Rank in category: 1(of 89)

Best time in the category: 36:19

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	7:00	3:30	1	-	19	0:57	2.00	7:00	3:30	72		404	
Runde	2.00	7:18	3:38	1	-	18	1:12	4.00	14:18	3:34	66		5	2:00
Runde	2.00	7:21	3:40	1	-	16	1:07	6.00	21:39	3:36	66		15	3:07
Runde	2.00	7:21	3:40	1	-	16	1:05	8.00	29:00	3:37	66		23	4:12
Leichtathletikhalle	2.00	7:19	3:39	1	-	16	1:08	10.00	36:19	3:37	1	-	17	9:51