



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kintzel, Achim

Club: Erfurt

Number: 1370

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 42:18

Speed: 14.18 km/h

Running performance: 4:14 min/km

Rank in course/Total: 82 (of 618)

Rank in course/Men: 76 (of 500)

Best time in course: 31:03

Rank in category: 7(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	8:23	4:11	8	1:23	90	2:20	2.00	8:23	4:11	53		14	
Runde	2.00	8:25	4:12	7	1:07	82	2:19	4.00	16:48	4:12	65		22	4:30
Runde	2.00	8:32	4:15	7	1:11	80	2:18	6.00	25:20	4:13	65		31	6:48
Runde	2.00	8:37	4:18	7	1:16	75	2:21	8.00	33:57	4:14	65		31	9:09
Leichtathletikhalle	2.00	8:21	4:10	5	1:02	75	2:10	10.00	42:18	4:13	7	5:59	77	15:50