



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Herrmann, Michael

Club: sc impuls erfurt

Number: 1080

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 40:54

Speed: 14.67 km/h

Running performance: 4:05 min/km

Rank in course/Total: 59 (of 618)

Rank in course/Men: 54 (of 500)

Best time in course: 31:03

Rank in category: 4(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	7:44	3:52	2	0:44	45	1:41	2.00	7:44	3:52	52		17	
Runde	2.00	8:06	4:02	2	0:48	51	2:00	4.00	15:50	3:57	64		34	3:32
Runde	2.00	8:19	4:09	5	0:58	59	2:05	6.00	24:09	4:01	64		34	5:37
Runde	2.00	8:24	4:12	5	1:03	56	2:08	8.00	32:33	4:04	64		34	7:45
Leichtathletikhalle	2.00	8:21	4:10	5	1:02	75	2:10	10.00	40:54	4:05	4	4:35	55	14:26