



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Junne, Ralf

Club: Kursarena

Number: 1344

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:30

Speed: 12.37 km/h

Running performance: 4:51 min/km

Rank in course/Total: 262 (of 618)

Rank in course/Men: 243 (of 500)

Best time in course: 31:03

Rank in category: 35(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	10:13	5:06	48	3:13	300	4:10	2.00	10:13	5:06	44	1:49	55	1:43
Runde	2.00	9:24	4:42	25	2:06	217	3:18	4.00	19:37	4:54	48		101	7:19
Runde	2.00	9:33	4:46	27	2:12	221	3:19	6.00	29:10	4:51	56		98	10:38
Runde	2.00	9:46	4:53	32	2:25	242	3:30	8.00	38:56	4:51	56		98	14:08
Leichtathletikhalle	2.00	9:34	4:46	34	2:15	244	3:23	10.00	48:30	4:50	35	12:11	244	22:02