



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Pöse, Jörg

Club: FiT & Geschickt

Number: 1503

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:15

Speed: 12.44 km/h

Running performance: 4:49 min/km

Rank in course/Total: 253 (of 618)

Rank in course/Men: 235 (of 500)

Best time in course: 31:03

Rank in category: 30(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.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	9:31	4:45	29	2:31	218	3:28	2.00	9:31	4:45	14	1:07	61	1:01
Runde	2.00	9:42	4:50	38	2:24	259	3:36	4.00	19:13	4:48	55		110	6:55
Runde	2.00	9:42	4:50	32	2:21	238	3:28	6.00	28:55	4:49	55		91	10:23
Runde	2.00	9:46	4:53	32	2:25	242	3:30	8.00	38:41	4:50	55		107	13:53
Leichtathletikhalle	2.00	9:34	4:46	34	2:15	244	3:23	10.00	48:15	4:49	30	11:56	236	21:47