



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rumpf, Thomas

Club: Herzberg

Number: 1050

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:18

Speed: 12.42 km/h

Running performance: 4:50 min/km

Rank in course/Total: 256 (of 618)

Rank in course/Men: 238 (of 500)

Best time in course: 31:03

Rank in category: 32(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	10:44	5:21	62	3:44	369	4:41	2.00	10:44	5:21	33	2:20	69	2:14
Runde	2.00	9:33	4:46	31	2:15	235	3:27	4.00	20:17	5:04	54		121	7:59
Runde	2.00	9:25	4:42	19	2:04	202	3:11	6.00	29:42	4:57	31		118	11:10
Runde	2.00	9:18	4:39	14	1:57	167	3:02	8.00	39:00	4:52	54		118	14:12
Leichtathletikhalle	2.00	9:18	4:39	20	1:59	206	3:07	10.00	48:18	4:49	32	11:59	239	21:50