



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ostermann, Frank

Club: SWE-Laufteam

Number: 1186

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: **41:13**

Speed: 14.56 km/h

Running performance: 4:07 min/km

Rank in course/Total: 63 (of 618)

Rank in course/Men: 58 (of 500)

Best time in course: 31:03

Rank in category: 5(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	8:29	4:14	10	1:29	97	2:26	2.00	8:29	4:14	41	0:05	5	
Runde	2.00	8:06	4:02	2	0:48	51	2:00	4.00	16:35	4:08	53		124	4:17
Runde	2.00	8:14	4:06	4	0:53	49	2:00	6.00	24:49	4:08	53		121	6:17
Runde	2.00	8:17	4:08	4	0:56	46	2:01	8.00	33:06	4:08	53		121	8:18
Leichtathletikhalle	2.00	8:07	4:03	4	0:48	49	1:56	10.00	41:13	4:07	5	4:54	59	14:45