



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rose, Frank

Club: Behringen

Number: 1707

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:58

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 244 (of 618)

Rank in course/Men: 228 (of 500)

Best time in course: 31:03

Rank in category: 27(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	10:11	5:05	47	3:11	297	4:08	2.00	10:11	5:05	64	1:47	81	1:41
Runde	2.00	9:26	4:43	27	2:08	223	3:20	4.00	19:37	4:54	48		101	7:19
Runde	2.00	9:28	4:44	22	2:07	213	3:14	6.00	29:05	4:50	48		139	10:33
Runde	2.00	9:33	4:46	21	2:12	208	3:17	8.00	38:38	4:49	48		139	13:50
Leichtathletikhalle	2.00	9:20	4:40	22	2:01	211	3:09	10.00	47:58	4:47	27	11:39	229	21:30