



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Stöhr, Michael

Club: Radclub Deutschland

Number: 1406

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:11

Speed: 12.45 km/h

Running performance: 4:49 min/km

Rank in course/Total: 250 (of 618)

Rank in course/Men: 232 (of 500)

Best time in course: 31:03

Rank in category: 28(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	9:08	4:33	21	2:08	174	3:05	2.00	9:08	4:33	83	0:44	475	0:38
Runde	2.00	9:35	4:47	32	2:17	240	3:29	4.00	18:43	4:40	89		134	6:25
Runde	2.00	9:51	4:55	37	2:30	258	3:37	6.00	28:34	4:45	89		161	10:02
Runde	2.00	9:55	4:57	37	2:34	257	3:39	8.00	38:29	4:48	89		144	13:41
Leichtathletikhalle	2.00	9:42	4:50	38	2:23	262	3:31	10.00	48:11	4:49	28	11:52	233	21:43