



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kulich, Rainer

Club: Erfurt
Number: 1062

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:28

Speed: 12.38 km/h

Running performance: 4:51 min/km

Rank in course/Total: 260 (of 618)

Rank in course/Men: 241 (of 500)

Best time in course: 31:03

Rank in category: 33(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	9:01	4:30	17	2:01	162	2:58	2.00	9:01	4:30	79	0:37	463	0:31
Runde	2.00	9:32	4:46	30	2:14	233	3:26	4.00	18:33	4:38	88		165	6:15
Runde	2.00	9:53	4:56	40	2:32	262	3:39	6.00	28:26	4:44	88		131	9:54
Runde	2.00	10:04	5:01	41	2:43	277	3:48	8.00	38:30	4:48	88		162	13:42
Leichtathletikhalle	2.00	9:58	4:59	48	2:39	299	3:47	10.00	48:28	4:50	33	12:09	242	22:00