



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Zernikow, Frank

Club: Thüringer Karate e.V.

Number: 1567

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:37

Speed: 10.99 km/h

Running performance: 5:28 min/km

Rank in course/Total: 468 (of 618)

Rank in course/Men: 408 (of 500)

Best time in course: 31:03

Rank in category: 74(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	11:15	5:37	70	4:15	418	5:12	2.00	11:15	5:37	67	2:51	112	2:45
Runde	2.00	10:36	5:17	69	3:18	394	4:30	4.00	21:51	5:27	25	1:10	187	9:33
Runde	2.00	10:58	5:29	74	3:37	406	4:44	6.00	32:49	5:28	87	1:51	184	14:17
Runde	2.00	11:11	5:35	77	3:50	414	4:55	8.00	44:00	5:30	87	2:39	184	19:12
Leichtathletikhalle	2.00	10:37	5:18	66	3:18	372	4:26	10.00	54:37	5:27	74	18:18	409	28:09