



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Grentzebach, Jochen

Club: Erfurt
Number: 1402

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:45

Speed: 11.59 km/h

Running performance: 5:11 min/km

Rank in course/Total: 378 (of 618)

Rank in course/Men: 339 (of 500)

Best time in course: 31:03

Rank in category: 60(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	10:55	5:27	67	3:55	391	4:52	2.00	10:55	5:27	66	2:31	123	2:25
Runde	2.00	10:08	5:03	56	2:50	339	4:02	4.00	21:03	5:15	86	0:22	198	8:45
Runde	2.00	10:14	5:06	52	2:53	320	4:00	6.00	31:17	5:12	86	0:19	195	12:45
Runde	2.00	10:16	5:08	48	2:55	309	4:00	8.00	41:33	5:11	86	0:12	195	16:45
Leichtathletikhalle	2.00	10:12	5:05	52	2:53	326	4:01	10.00	51:45	5:10	60	15:26	340	25:17