



## 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

### Detailed evaluation

**Föhr, Eckhard**

Club: SC Impuls Erfurt

Number: 1350

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 56:04

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 499 (of 618)

Rank in course/Men: 429 (of 500)

Best time in course: 31:03

Rank in category: 80(of 89)

Best time in the category: 36:19

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men | Total<br>km | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
|---------------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|-------------|---------------|-----------------|-------------|----------------|------------|---------------|
| Runde               | 2.00        | 11:17         | 5:38            | 71          | 4:17           | 421        | 5:14          | 2.00        | 11:17         | 5:38            | 63          | 2:53           | 131        | 2:47          |
| Runde               | 2.00        | 10:58         | 5:29            | 79          | 3:40           | 428        | 4:52          | 4.00        | 22:15         | 5:33            | 83          | 1:34           | 207        | 9:57          |
| Runde               | 2.00        | 11:05         | 5:32            | 78          | 3:44           | 419        | 4:51          | 6.00        | 33:20         | 5:33            | 83          | 2:22           | 204        | 14:48         |
| Runde               | 2.00        | 11:17         | 5:38            | 78          | 3:56           | 420        | 5:01          | 8.00        | 44:37         | 5:34            | 83          | 3:16           | 204        | 19:49         |
| Leichtathletikhalle | 2.00        | 11:27         | 5:43            | 85          | 4:08           | 442        | 5:16          | 10.00       | 56:04         | 5:36            | 80          | 19:45          | 430        | 29:36         |