



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Niewiadomski, Peter

Club: Erfurt

Number: 1377

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 53:45

Speed: 11.16 km/h

Running performance: 5:23 min/km

Rank in course/Total: 442 (of 618)

Rank in course/Men: 390 (of 500)

Best time in course: 31:03

Rank in category: 70(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	11:20	5:40	73	4:20	425	5:17	2.00	11:20	5:40	18	2:56	133	2:50
Runde	2.00	10:36	5:17	69	3:18	394	4:30	4.00	21:56	5:29	82	1:15	200	9:38
Runde	2.00	10:34	5:16	66	3:13	366	4:20	6.00	32:30	5:25	82	1:32	206	13:58
Runde	2.00	10:46	5:23	66	3:25	372	4:30	8.00	43:16	5:24	82	1:55	206	18:28
Leichtathletikhalle	2.00	10:29	5:14	61	3:10	360	4:18	10.00	53:45	5:22	70	17:26	391	27:17