



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Keller, Norbert

Club: Kindelbrück

Number: 1007

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 53:16

Speed: 11.26 km/h

Running performance: 5:20 min/km

Rank in course/Total: 420 (of 618)

Rank in course/Men: 375 (of 500)

Best time in course: 31:03

Rank in category: 67(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	9:48	4:54	38	2:48	255	3:45	2.00	9:48	4:54	61	1:24	129	1:18			
Runde	2.00	10:37	5:18	71	3:19	397	4:31	4.00	20:25	5:06	81		210	8:07			
Runde	2.00	10:44	5:21	70	3:23	383	4:30	6.00	31:09	5:11	42	0:11	207	12:37			
Runde	2.00	11:00	5:30	75	3:39	398	4:44	8.00	42:09	5:16	39	0:48	207	17:21			
Leichtathletikhalle	2.00	11:07	5:33	80	3:48	419	4:56	10.00	53:16	5:19	67	16:57	376	26:48			