



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Trost, Holger

Club: Erfurt

Number: 1708

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:22

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course/Total: 359 (of 618)

Rank in course/Men: 324 (of 500)

Best time in course: 31:03

Rank in category: 52(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	11:23	5:41	77	4:23	432	5:20	2.00	11:23	5:41	54	2:59	156	2:53
Runde	2.00	9:59	4:59	50	2:41	315	3:53	4.00	21:22	5:20	38	0:41	221	9:04
Runde	2.00	10:10	5:04	50	2:49	307	3:56	6.00	31:32	5:15	76	0:34	232	13:00
Runde	2.00	10:04	5:01	41	2:43	277	3:48	8.00	41:36	5:12	76	0:15	209	16:48
Leichtathletikhalle	2.00	9:46	4:53	41	2:27	273	3:35	10.00	51:22	5:08	52	15:03	325	24:54