



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Weise, Matthias

Club: Goldbach

Number: 1284

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 53:35

Speed: 11.20 km/h

Running performance: 5:22 min/km

Rank in course/Total: 435 (of 618)

Rank in course/Men: 383 (of 500)

Best time in course: 31:03

Rank in category: 69(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	10:41	5:20	60	3:41	360	4:38	2.00	10:41	5:20	29	2:17	157	2:11
Runde	2.00	10:37	5:18	71	3:19	397	4:31	4.00	21:18	5:19	75	0:37	236	9:00
Runde	2.00	10:41	5:20	68	3:20	377	4:27	6.00	31:59	5:19	75	1:01	233	13:27
Runde	2.00	10:52	5:26	68	3:31	377	4:36	8.00	42:51	5:21	75	1:30	233	18:03
Leichtathletikhalle	2.00	10:44	5:21	68	3:25	382	4:33	10.00	53:35	5:21	69	17:16	384	27:07