



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Röscher, Ulrich

Club: Erfurt

Number: 1476

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:08

Speed: 12.73 km/h

Running performance: 4:43 min/km

Rank in course/Total: 218 (of 618)

Rank in course/Men: 204 (of 500)

Best time in course: 31:03

Rank in category: 23(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	10:16	5:08	49	3:16	306	4:13	2.00	10:16	5:08	15	1:52	180	1:46
Runde	2.00	9:14	4:36	19	1:56	193	3:08	4.00	19:30	4:52	70		260	7:12
Runde	2.00	9:10	4:34	14	1:49	169	2:56	6.00	28:40	4:46	70		257	10:08
Runde	2.00	9:21	4:40	15	2:00	173	3:05	8.00	38:01	4:45	70		257	13:13
Leichtathletikhalle	2.00	9:07	4:33	15	1:48	178	2:56	10.00	47:08	4:42	23	10:49	205	20:40