



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Münch, Andreas

Club: TSV Berlstedt

Number: 1320

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 41:34

Speed: 14.43 km/h

Running performance: 4:10 min/km

Rank in course/Total: 67 (of 618)

Rank in course/Men: 62 (of 500)

Best time in course: 31:03

Rank in category: 6 (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.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	7:59	3:59	4	0:59	62	1:56	2.00	7:59	3:59	74			423	
Runde	2.00	8:20	4:10	6	1:02	72	2:14	4.00	16:19	4:04	35			64	4:01
Runde	2.00	8:24	4:12	6	1:03	68	2:10	6.00	24:43	4:07	35			259	6:11
Runde	2.00	8:29	4:14	6	1:08	63	2:13	8.00	33:12	4:09	35			259	8:24
Leichtathletikhalle	2.00	8:22	4:11	7	1:03	79	2:11	10.00	41:34	4:09	6	5:15		63	15:06