



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ickler, Mario

Club: Seebach

Number: 1430

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:24

Speed: 12.93 km/h

Running performance: 4:38 min/km

Rank in course/Total: 191 (of 618)

Rank in course/Men: 179 (of 500)

Best time in course: 31:03

Rank in category: 16(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	9:15	4:37	26	2:15	185	3:12	2.00	9:15	4:37	88	0:51	486	0:45
Runde	2.00	9:20	4:40	22	2:02	204	3:14	4.00	18:35	4:38	20		17	6:17
Runde	2.00	9:25	4:42	19	2:04	202	3:11	6.00	28:00	4:40	21		273	9:28
Runde	2.00	9:25	4:42	16	2:04	181	3:09	8.00	37:25	4:40	21		152	12:37
Leichtathletikhalle	2.00	8:59	4:29	12	1:40	159	2:48	10.00	46:24	4:38	16	10:05	180	19:56