



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wietschorke, Ernst

Club: SV 1899 Mühlhausen

Number: 1156

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M70 (70 und älter Jahre)

Total time: 57:27

Speed: 10.44 km/h

Running performance: 5:44 min/km

Rank in course/Total: 525 (of 618)

Rank in course/Men: 446 (of 500)

Best time in course: 31:03

Rank in category: 5(of 9)

Best time in the category: 46:56

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	11:03	5:31	4	2:10	400	5:00	2.00	11:03	5:31	2		204	2:33
Runde	2.00	11:14	5:36	5	1:57	447	5:08	4.00	22:17	5:34	3		296	9:59
Runde	2.00	11:32	5:46	5	2:07	452	5:18	6.00	33:49	5:38	2	6:14	293	15:17
Runde	2.00	11:51	5:55	6	2:12	453	5:35	8.00	45:40	5:42	2	8:26	293	20:52
Leichtathletikhalle	2.00	11:47	5:53	5	2:05	458	5:36	10.00	57:27	5:44	5	10:31	447	30:59