



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Koch, Rainer

Club: Plaue

Number: 1560

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 58:51

Speed: 10.20 km/h

Running performance: 5:53 min/km

Rank in course/Total: 552 (of 618)

Rank in course/Men: 463 (of 500)

Best time in course: 31:03

Rank in category: 88(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	12:01	6:00	87	5:01	475	5:58	2.00	12:01	6:00	5	3:37	210	3:31
Runde	2.00	11:31	5:45	88	4:13	464	5:25	4.00	23:32	5:53	11	2:51	302	11:14
Runde	2.00	11:38	5:48	88	4:17	453	5:24	6.00	35:10	5:51	16	4:12	299	16:38
Runde	2.00	12:04	6:01	88	4:43	461	5:48	8.00	47:14	5:54	16	5:53	295	22:26
Leichtathletikhalle	2.00	11:37	5:48	86	4:18	451	5:26	10.00	58:51	5:53	88	22:32	464	32:23