



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schalk, Udo

Club: Dream Team Ilmenau

Number: 1333

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:34

Speed: 11.87 km/h

Running performance: 5:04 min/km

Rank in course/Total: 327 (of 618)

Rank in course/Men: 298 (of 500)

Best time in course: 31:03

Rank in category: 47(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	10:20	5:10	50	3:20	312	4:17	2.00	10:20	5:10	3	1:56	74	1:50
Runde	2.00	10:04	5:01	53	2:46	332	3:58	4.00	20:24	5:05	14		307	8:06
Runde	2.00	10:16	5:08	53	2:55	325	4:02	6.00	30:40	5:06	14		304	12:08
Runde	2.00	10:18	5:09	49	2:57	313	4:02	8.00	40:58	5:07	14		217	16:10
Leichtathletikhalle	2.00	9:36	4:47	36	2:17	248	3:25	10.00	50:34	5:03	47	14:15	299	24:06