



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ungelenk, Bernd

Club: Wandersleben

Number: 1502

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:09

Speed: 12.73 km/h

Running performance: 4:43 min/km

Rank in course/Total: 220 (of 618)

Rank in course/Men: 205 (of 500)

Best time in course: 31:03

Rank in category: 24(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	9:11	4:35	23	2:11	178	3:08	2.00	9:11	4:35	85	0:47	479	0:41
Runde	2.00	9:23	4:41	24	2:05	213	3:17	4.00	18:34	4:38	12		275	6:16
Runde	2.00	9:29	4:44	23	2:08	215	3:15	6.00	28:03	4:40	12		151	9:31
Runde	2.00	9:43	4:51	28	2:22	230	3:27	8.00	37:46	4:43	12		309	12:58
Leichtathletikhalle	2.00	9:23	4:41	28	2:04	223	3:12	10.00	47:09	4:42	24	10:50	206	20:41