



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Döring, Fank

Club: SWE-Laufteam

Number: 1185

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 56:56

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 513 (of 618)

Rank in course/Men: 438 (of 500)

Best time in course: 31:03

Rank in category: 84(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	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	11:49	5:54	82	4:49	457	5:46	2.00	11:49	5:54	25	3:25	231	3:19
Runde	2.00	11:04	5:31	83	3:46	433	4:58	4.00	22:53	5:43	10	2:12	318	10:35
Runde	2.00	11:20	5:40	83	3:59	439	5:06	6.00	34:13	5:42	13	3:15	383	15:41
Runde	2.00	11:26	5:43	82	4:05	431	5:10	8.00	45:39	5:42	13	4:18	383	20:51
Leichtathletikhalle	2.00	11:17	5:38	84	3:58	428	5:06	10.00	56:56	5:41	84	20:37	439	30:28