



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Pawlik, Gerd

Club: Pawliks Lauffamily

Number: 1081

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:03

Speed: 12.23 km/h

Running performance: 4:54 min/km

Rank in course/Total: 279 (of 618)

Rank in course/Men: 258 (of 500)

Best time in course: 31:03

Rank in category: 38(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	9:36	4:47	32	2:36	230	3:33	2.00	9:36	4:47	12	1:12	108	1:06
Runde	2.00	9:45	4:52	40	2:27	268	3:39	4.00	19:21	4:50	43		215	7:03
Runde	2.00	9:51	4:55	37	2:30	258	3:37	6.00	29:12	4:51	43		394	10:40
Runde	2.00	10:10	5:04	45	2:49	291	3:54	8.00	39:22	4:55	43		394	14:34
Leichtathletikhalle	2.00	9:41	4:50	37	2:22	259	3:30	10.00	49:03	4:54	38	12:44	259	22:35