



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Höhn, Helfried

Club: Elleben
Number: 1262

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:40

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 407 (of 618)

Rank in course/Men: 362 (of 500)

Best time in course: 31:03

Rank in category: 64(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		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	10:46	5:23	64	3:46	373	4:43	2.00	10:46	5:23	11	2:22	63	2:16			
Runde	2.00	10:14	5:06	59	2:56	356	4:08	4.00	21:00	5:15	39	0:19	227	8:42			
Runde	2.00	10:26	5:13	62	3:05	352	4:12	6.00	31:26	5:14	39	0:28	405	12:54			
Runde	2.00	10:43	5:21	64	3:22	368	4:27	8.00	42:09	5:16	39	0:48	207	17:21			
Leichtathletikhalle	2.00	10:31	5:15	63	3:12	363	4:20	10.00	52:40	5:15	64	16:21	363	26:12			