



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Liedtke, Christoph

Club: SSV Nord

Number: 1267

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 53:28

Speed: 11.22 km/h

Running performance: 5:21 min/km

Rank in course/Total: 431 (of 618)

Rank in course/Men: 379 (of 500)

Best time in course: 31:03

Rank in category: 68(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	11:05	5:32	68	4:05	403	5:02	2.00	11:05	5:32	6	2:41	175	2:35
Runde	2.00	10:17	5:08	61	2:59	364	4:11	4.00	21:22	5:20	38	0:41	221	9:04
Runde	2.00	10:21	5:10	58	3:00	339	4:07	6.00	31:43	5:17	38	0:45	407	13:11
Runde	2.00	10:54	5:27	70	3:33	385	4:38	8.00	42:37	5:19	38	1:16	255	17:49
Leichtathletikhalle	2.00	10:51	5:25	71	3:32	397	4:40	10.00	53:28	5:20	68	17:09	380	27:00