



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kriening, Henry

Club: Riesa

Number: 1897

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:15

Speed: 12.18 km/h

Running performance: 4:55 min/km

Rank in course/Total: 288 (of 618)

Rank in course/Men: 264 (of 500)

Best time in course: 31:03

Rank in category: 41(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	10:39	5:19	57	3:39	353	4:36	2.00	10:39	5:19	9	2:15	143	2:09
Runde	2.00	9:48	4:54	43	2:30	276	3:42	4.00	20:27	5:06	32		208	8:09
Runde	2.00	9:36	4:47	30	2:15	229	3:22	6.00	30:03	5:00	37		387	11:31
Runde	2.00	9:44	4:51	29	2:23	233	3:28	8.00	39:47	4:58	37		409	14:59
Leichtathletikhalle	2.00	9:28	4:44	30	2:09	229	3:17	10.00	49:15	4:55	41	12:56	265	22:47