



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Eberlein, Rainer

Club: Impuls Erfurt

Number: 1200

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M60 (60-69 Jahre)

Total time: 49:09

Speed: 12.21 km/h

Running performance: 4:55 min/km

Rank in course/Total: 282 (of 618)

Rank in course/Men: 261 (of 500)

Best time in course: 31:03

Rank in category: 7(of 20)

Best time in the category: 41:59

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	9:45	4:52	8	3:30	253	3:42	2.00	9:45	4:52	10		326	1:15
Runde	2.00	9:44	4:51	8	3:38	267	3:38	4.00	19:29	4:52	10		213	7:11
Runde	2.00	9:54	4:57	7	3:29	268	3:40	6.00	29:23	4:53	10		421	10:51
Runde	2.00	9:58	4:59	8	3:26	263	3:42	8.00	39:21	4:55	10		421	14:33
Leichtathletikhalle	2.00	9:48	4:54	7	1:25	276	3:37	10.00	49:09	4:54	7	7:10	262	22:41