



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Dr. Drüge, Uwe

Club: Erfurt
Number: 1447

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:47

Speed: 11.59 km/h

Running performance: 5:11 min/km

Rank in course/Total: 382 (of 618)

Rank in course/Men: 342 (of 500)

Best time in course: 31:03

Rank in category: 61(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	10:05	5:02	44	3:05	288	4:02	2.00	10:05	5:02	13	1:41	6	1:35			
Runde	2.00	10:14	5:06	59	2:56	356	4:08	4.00	20:19	5:04	24		203	8:01			
Runde	2.00	10:24	5:12	61	3:03	347	4:10	6.00	30:43	5:07	24		422	12:11			
Runde	2.00	10:43	5:21	64	3:22	368	4:27	8.00	41:26	5:10	24	0:05	422	16:38			
Leichtathletikhalle	2.00	10:21	5:10	57	3:02	345	4:10	10.00	51:47	5:10	61	15:28	343	25:19			