



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schuch, Joachim

Club: Weißensee

Number: 1325

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 44:31

Speed: 13.48 km/h

Running performance: 4:27 min/km

Rank in course/Total: 142 (of 618)

Rank in course/Men: 134 (of 500)

Best time in course: 31:03

Rank in category: 12(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	9:04	4:31	18	2:04	167	3:01	2.00	9:04	4:31	80	0:40	468	0:34
Runde	2.00	8:49	4:24	13	1:31	138	2:43	4.00	17:53	4:28	33		385	5:35
Runde	2.00	9:01	4:30	13	1:40	146	2:47	6.00	26:54	4:29	33		440	8:22
Runde	2.00	8:52	4:26	10	1:31	101	2:36	8.00	35:46	4:28	33		440	10:58
Leichtathletikhalle	2.00	8:45	4:22	10	1:26	128	2:34	10.00	44:31	4:27	12	8:12	135	18:03