



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Richter, Konrad

Club: GutsMuths-Rennsteiglaufverein

Number: 1291

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M60 (60-69 Jahre)

Total time: 51:14

Speed: 11.71 km/h

Running performance: 5:07 min/km

Rank in course/Total: 349 (of 618)

Rank in course/Men: 315 (of 500)

Best time in course: 31:03

Rank in category: 9(of 20)

Best time in the category: 41:59

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	9:52	4:56	9	3:37	262	3:49	2.00	9:52	4:56	5		111	1:22
Runde	2.00	9:57	4:58	10	3:51	307	3:51	4.00	19:49	4:57	5		178	7:31
Runde	2.00	10:19	5:09	10	3:54	333	4:05	6.00	30:08	5:01	5		455	11:36
Runde	2.00	10:41	5:20	12	4:09	363	4:25	8.00	40:49	5:06	5		455	16:01
Leichtathletikhalle	2.00	10:25	5:12	11	2:02	353	4:14	10.00	51:14	5:07	9	9:15	316	24:46