



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Herold, Günter

Club: TSV Bad Könischofe

Number: 1568

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M60 (60-69 Jahre)

Total time: 48:59

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 276 (of 618)

Rank in course/Men: 255 (of 500)

Best time in course: 31:03

Rank in category: 6(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	10:24	5:12	12	4:09	318	4:21	2.00	10:24	5:12	3			253	1:54
Runde	2.00	9:38	4:48	5	3:32	247	3:32	4.00	20:02	5:00	3			414	7:44
Runde	2.00	9:33	4:46	5	3:08	221	3:19	6.00	29:35	4:55	3			464	11:03
Runde	2.00	9:42	4:50	5	3:10	227	3:26	8.00	39:17	4:54	3			423	14:29
Leichtathletikhalle	2.00	9:42	4:50	6	1:19	262	3:31	10.00	48:59	4:53	6	7:00		256	22:31