



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Hiese, Bernd

Club: SLG Bad Langensalza

Number: 118

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M50 (50-59 Jahre)

Total time: 25:57

Speed: 9.25 km/h

Running performance: 6:29 min/km

Rank in course/Total: 345 (of 389)

Rank in course/Men: 240 (of 249)

Best time in course: 11:54

Rank in category: 26(of 26)

Best time in the category: 14:56

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	13:24	6:42	26	6:01	243	7:25	2.00	13:24	6:42	4	2:22	232	7:24
Leichtathletikhalle	2.00	12:33	6:16	25	5:00	231	6:39	4.00	25:57	6:29	26	11:01	240	14:03