



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kintzel, Achim

Club: Erfurt
Number: 1370

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 42:18

Speed: 14.18 km/h

Running performance: 4:14 min/km

Rank in course/Total: 82 (of 618)

Rank in course/Men: 76 (of 500)

Best time in course: 31:03

Rank in category: 7(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

| Control | Split | | Pos | Behind | Pos | | Total | Total | Total | Pos | Behind | Pos | Behind | |
|---------------------|-------|------|------|--------|--------|------|-------|-------|-------|------|--------|------|--------|-------|
| | km | Time | | | min/km | Cat. | | | | | | | | Cat. |
| Runde | 2.00 | 8:23 | 4:11 | 8 | 1:23 | 90 | 2:20 | 2.00 | 8:23 | 4:11 | 53 | | 14 | |
| Runde | 2.00 | 8:25 | 4:12 | 7 | 1:07 | 82 | 2:19 | 4.00 | 16:48 | 4:12 | 65 | | 22 | 4:30 |
| Runde | 2.00 | 8:32 | 4:15 | 7 | 1:11 | 80 | 2:18 | 6.00 | 25:20 | 4:13 | 65 | | 31 | 6:48 |
| Runde | 2.00 | 8:37 | 4:18 | 7 | 1:16 | 75 | 2:21 | 8.00 | 33:57 | 4:14 | 65 | | 31 | 9:09 |
| Leichtathletikhalle | 2.00 | 8:21 | 4:10 | 5 | 1:02 | 75 | 2:10 | 10.00 | 42:18 | 4:13 | 7 | 5:59 | 77 | 15:50 |