



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Wolter, Detlef

Club: LG Steinlach

Number: 1867

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 40:38

Speed: 14.77 km/h

Running performance: 4:04 min/km

Rank in course/Total: 53 (of 618)

Rank in course/Men: 48 (of 500)

Best time in course: 31:03

Rank in category: 3(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	8:05	4:02	5	1:05	70	2:02	2.00	8:05	4:02	75			431	
Runde	2.00	8:14	4:06	4	0:56	64	2:08	4.00	16:19	4:04	35			64	4:01
Runde	2.00	8:07	4:03	2	0:46	42	1:53	6.00	24:26	4:04	62			63	5:54
Runde	2.00	8:11	4:05	2	0:50	41	1:55	8.00	32:37	4:04	62			63	7:49
Leichtathletikhalle	2.00	8:01	4:00	3	0:42	45	1:50	10.00	40:38	4:03	3	4:19		49	14:10