



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schirwinski, Frank

Club: LTV Erfurt

Number: 1512

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:25

Speed: 12.65 km/h

Running performance: 4:44 min/km

Rank in course/Total: 229 (of 618)

Rank in course/Men: 214 (of 500)

Best time in course: 31:03

Rank in category: 25(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	9:44	4:51	37	2:44	251	3:41	2.00	9:44	4:51	46	1:20	52	1:14
Runde	2.00	9:20	4:40	22	2:02	204	3:14	4.00	19:04	4:46	27		97	6:46
Runde	2.00	9:33	4:46	27	2:12	221	3:19	6.00	28:37	4:46	58		94	10:05
Runde	2.00	9:36	4:47	22	2:15	213	3:20	8.00	38:13	4:46	58		94	13:25
Leichtathletikhah	2.00	9:12	4:35	17	1:53	195	3:01	10.00	47:25	4:44	25	11:06	215	20:57