



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 |