



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Treßelt, Frank

Club: GSV

Number: 1703

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:42

Speed: 12.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 203 (of 618)

Rank in course/Men: 189 (of 500)

Best time in course: 31:03

Rank in category: 19(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	9:07	4:33	20	2:07	172	3:04	2.00	9:07	4:33	82	0:43	473	0:37
Runde	2.00	9:08	4:33	16	1:50	174	3:02	4.00	18:15	4:33	46		98	5:57
Runde	2.00	9:27	4:43	21	2:06	211	3:13	6.00	27:42	4:36	46		95	9:10
Runde	2.00	9:40	4:49	25	2:19	220	3:24	8.00	37:22	4:40	46		95	12:34
Leichtathletikhalle	2.00	9:20	4:40	22	2:01	211	3:09	10.00	46:42	4:40	19	10:23	190	20:14