



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Junne, Ralf

Club: Kursarena

Number: 1344

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:30

Speed: 12.37 km/h

Running performance: 4:51 min/km

Rank in course/Total: 262 (of 618)

Rank in course/Men: 243 (of 500)

Best time in course: 31:03

Rank in category: 35(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 | 10:13 | 5:06 | 48 | 3:13 | 300 | 4:10 | 2.00 | 10:13 | 5:06 | 44 | 1:49 | 55 | 1:43 | |
| Runde | 2.00 | 9:24 | 4:42 | 25 | 2:06 | 217 | 3:18 | 4.00 | 19:37 | 4:54 | 48 | | 101 | 7:19 | |
| Runde | 2.00 | 9:33 | 4:46 | 27 | 2:12 | 221 | 3:19 | 6.00 | 29:10 | 4:51 | 56 | | 98 | 10:38 | |
| Runde | 2.00 | 9:46 | 4:53 | 32 | 2:25 | 242 | 3:30 | 8.00 | 38:56 | 4:51 | 56 | | 98 | 14:08 | |
| Leichtathletikhalle | 2.00 | 9:34 | 4:46 | 34 | 2:15 | 244 | 3:23 | 10.00 | 48:30 | 4:50 | 35 | 12:11 | 244 | 22:02 | |