



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Labrenz, Wolfgang

Club: Blankenhain/Thür.

Number: 1475

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M60 (60-69 Jahre)

Total time: 41:59

Speed: 14.29 km/h

Running performance: 4:12 min/km

Rank in course/Total: 77 (of 618)

Rank in course/Men: 72 (of 500)

Best time in course: 31:03

Rank in category: 1(of 20)

Best time in the category: 41:59

Intermediate times

Stage score

Total ranking

Control	Intermediate times				Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	7:57	3:58	2	1:42	57	1:54	2.00	7:57	3:58	18	-	418	-
Runde	2.00	8:21	4:10	2	2:15	73	2:15	4.00	16:18	4:04	20	-	115	4:00
Runde	2.00	8:35	4:17	3	2:10	84	2:21	6.00	24:53	4:08	20	-	112	6:21
Runde	2.00	8:31	4:15	2	1:59	67	2:15	8.00	33:24	4:10	20	-	112	8:36
Leichtathletikhalle	2.00	8:35	4:17	2	0:12	102	2:24	10.00	41:59	4:11	1	-	73	15:31