



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Recknagel, Michael

Club: Suhl

Number: 1232

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 47:03

Speed: 12.75 km/h

Running performance: 4:42 min/km

Rank in course/Total: 217 (of 618)

Rank in course/Men: 203 (of 500)

Best time in course: 31:03

Rank in category: 22(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	9:37	4:48	34	2:37	239	3:34	2.00	9:37	4:48	40	1:13	73	1:07
Runde	2.00	9:17	4:38	20	1:59	199	3:11	4.00	18:54	4:43	51		91	6:36
Runde	2.00	9:29	4:44	23	2:08	215	3:15	6.00	28:23	4:43	51		129	9:51
Runde	2.00	9:26	4:43	17	2:05	188	3:10	8.00	37:49	4:43	51		129	13:01
Leichtathletikhalle	2.00	9:14	4:36	19	1:55	199	3:03	10.00	47:03	4:42	22	10:44	204	20:35