



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Mieth, Michael

Club: ANNA KRAM: Laufend helfen

Number: 1426

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:42

Speed: 12.32 km/h

Running performance: 4:52 min/km

Rank in course/Total: 270 (of 618)

Rank in course/Men: 249 (of 500)

Best time in course: 31:03

Rank in category: 36(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	9:59	4:59	41	2:59	279	3:56	2.00	9:59	4:59	47	1:35	78	1:29
Runde	2.00	9:58	4:59	48	2:40	310	3:52	4.00	19:57	4:59	49		139	7:39
Runde	2.00	9:53	4:56	40	2:32	262	3:39	6.00	29:50	4:58	49		136	11:18
Runde	2.00	9:44	4:51	29	2:23	233	3:28	8.00	39:34	4:56	49		136	14:46
Leichtathletikhalle	2.00	9:08	4:33	16	1:49	180	2:57	10.00	48:42	4:52	36	12:23	250	22:14