



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Zander, Frank

Club: KSV Lützkendorf

Number: 1688

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 45:54

Speed: 13.07 km/h

Running performance: 4:35 min/km

Rank in course/Total: 181 (of 618)

Rank in course/Men: 168 (of 500)

Best time in course: 31:03

Rank in category: 14(of 89)

Best time in the category: 36:19

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	8:30	4:15	11	1:30	100	2:27	2.00	8:30	4:15	71	0:06	1	-
Runde	2.00	9:01	4:30	14	1:43	165	2:55	4.00	17:31	4:22	47		153	5:13
Runde	2.00	9:19	4:39	16	1:58	188	3:05	6.00	26:50	4:28	47		150	8:18
Runde	2.00	9:32	4:46	20	2:11	206	3:16	8.00	36:22	4:32	47		150	11:34
Leichtathletikhalle	2.00	9:32	4:46	32	2:13	240	3:21	10.00	45:54	4:35	14	9:35	169	19:26