



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Günther, Egbert

Club: SV Alach

Number: 1680

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 45:30

Speed: 13.19 km/h

Running performance: 4:33 min/km

Rank in course/Total: 166 (of 618)

Rank in course/Men: 156 (of 500)

Best time in course: 31:03

Rank in category: 13(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Total	Total	Total	Pos	Behind	Total ranking		
	km	Time			min/km	Cat.						Men	Men	Pos
Runde	2.00	8:45	4:22	14	1:45	139	2:42	2.00	8:45	4:22	70	0:21	91	0:15
Runde	2.00	8:39	4:19	9	1:21	113	2:33	4.00	17:24	4:20	57		67	5:06
Runde	2.00	8:48	4:24	10	1:27	108	2:34	6.00	26:12	4:21	57		154	7:40
Runde	2.00	9:09	4:34	12	1:48	143	2:53	8.00	35:21	4:25	57		25	10:33
Leichtathletikhalle	2.00	10:09	5:04	51	2:50	320	3:58	10.00	45:30	4:32	13	9:11	157	19:02