



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Mölders, Martin

Club: Arnstadt

Number: 1498

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:21

Speed: 12.94 km/h

Running performance: 4:38 min/km

Rank in course/Total: 188 (of 618)

Rank in course/Men: 176 (of 500)

Best time in course: 31:03

Rank in category: 15(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	9:05	4:32	19	2:05	168	3:02	2.00	9:05	4:32	81	0:41	469	0:35
Runde	2.00	9:12	4:35	17	1:54	186	3:06	4.00	18:17	4:34	84		204	5:59
Runde	2.00	9:16	4:38	15	1:55	184	3:02	6.00	27:33	4:35	84		201	9:01
Runde	2.00	9:27	4:43	18	2:06	192	3:11	8.00	37:00	4:37	84		201	12:12
Leichtathletikhalle	2.00	9:21	4:40	25	2:02	215	3:10	10.00	46:21	4:38	15	10:02	177	19:53