



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Föhr, Eckhard

Club: SC Impuls Erfurt

Number: 1350

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 56:04

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 499 (of 618)

Rank in course/Men: 429 (of 500)

Best time in course: 31:03

Rank in category: 80(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	11:17	5:38	71	4:17	421	5:14	2.00	11:17	5:38	63	2:53	131	2:47
Runde	2.00	10:58	5:29	79	3:40	428	4:52	4.00	22:15	5:33	83	1:34	207	9:57
Runde	2.00	11:05	5:32	78	3:44	419	4:51	6.00	33:20	5:33	83	2:22	204	14:48
Runde	2.00	11:17	5:38	78	3:56	420	5:01	8.00	44:37	5:34	83	3:16	204	19:49
Leichtathletikhalle	2.00	11:27	5:43	85	4:08	442	5:16	10.00	56:04	5:36	80	19:45	430	29:36