



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rentsch (Dr.), Ernst

Club: Arztpraxis Weimar

Number: 1682

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:07

Speed: 11.51 km/h

Running performance: 5:13 min/km

Rank in course/Total: 394 (of 618)

Rank in course/Men: 352 (of 500)

Best time in course: 31:03

Rank in category: 63(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking						
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:10	5:04	46	3:10	294	4:07	2.00	10:10	5:04	60	1:46	136	1:40
Runde	2.00	10:21	5:10	66	3:03	377	4:15	4.00	20:31	5:07	80		212	8:13
Runde	2.00	10:23	5:11	59	3:02	344	4:09	6.00	30:54	5:08	80		209	12:22
Runde	2.00	10:42	5:20	63	3:21	367	4:26	8.00	41:36	5:12	76	0:15	209	16:48
Leichtathletikhalle	2.00	10:31	5:15	63	3:12	363	4:20	10.00	52:07	5:12	63	15:48	353	25:39