



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Zitzmann, Sieghard

Club: Rennsteiglaufverein

Number: 1392

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:55

Speed: 11.78 km/h

Running performance: 5:05 min/km

Rank in course/Total: 337 (of 618)

Rank in course/Men: 307 (of 500)

Best time in course: 31:03

Rank in category: 50(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	10:39	5:19	57	3:39	353	4:36	2.00	10:39	5:19	9	2:15	143	2:09
Runde	2.00	10:07	5:03	54	2:49	334	4:01	4.00	20:46	5:11	26	0:05	220	8:28
Runde	2.00	10:00	5:00	44	2:39	284	3:46	6.00	30:46	5:07	78		217	12:14
Runde	2.00	10:12	5:05	47	2:51	296	3:56	8.00	40:58	5:07	14		217	16:10
Leichtathletikhah	2.00	9:57	4:58	46	2:38	294	3:46	10.00	50:55	5:05	50	14:36	308	24:27