



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Rudolph, Frank

Total time: 50:10

Number: 1561

Speed: 11.96 km/h

Running performance: 5:01 min/km

Course: 10.00 km

Rank in course/Total: 319 (of 618)

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Rank in course/Men: 289 (of 500)

Best time in course: 31:03

Category:

Rank in category: 46(of 89)

Senioren M50 (50-59 Jahre)

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	9:08	4:33	21	2:08	174	3:05	2.00	9:08	4:33	83	0:44	475	0:38
Runde	2.00	9:42	4:50	38	2:24	259	3:36	4.00	18:50	4:42	77		232	6:32
Runde	2.00	10:11	5:05	51	2:50	310	3:57	6.00	29:01	4:50	77		229	10:29
Runde	2.00	10:28	5:14	56	3:07	335	4:12	8.00	39:29	4:56	77		229	14:41
Leichtathletikhalle	2.00	10:41	5:20	67	3:22	380	4:30	10.00	50:10	5:00	46	13:51	290	23:42