



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sammler, Heiko

Club: Arnstadt

Number: 1499

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 55:19

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 486 (of 618)

Rank in course/Men: 422 (of 500)

Best time in course: 31:03

Rank in category: 78(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	10:26	5:13	52	3:26	322	4:23	2.00	10:26	5:13	19	2:02	158	1:56
Runde	2.00	11:10	5:34	86	3:52	441	5:04	4.00	21:36	5:24	74	0:55	237	9:18
Runde	2.00	11:21	5:40	85	4:00	441	5:07	6.00	32:57	5:29	74	1:59	234	14:25
Runde	2.00	11:17	5:38	78	3:56	420	5:01	8.00	44:14	5:31	74	2:53	234	19:26
Leichtathletikhalle	2.00	11:05	5:32	77	3:46	415	4:54	10.00	55:19	5:31	78	19:00	423	28:51