



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kranz, Horst

Club: Sondershausen

Number: 1223

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:24

Speed: 11.67 km/h

Running performance: 5:08 min/km

Rank in course/Total: 361 (of 618)

Rank in course/Men: 326 (of 500)

Best time in course: 31:03

Rank in category: 53(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	9:11	4:35	23	2:11	178	3:08	2.00	9:11	4:35	85	0:47	479	0:41
Runde	2.00	9:57	4:58	47	2:39	307	3:51	4.00	19:08	4:46	50		137	6:50
Runde	2.00	10:43	5:21	69	3:22	379	4:29	6.00	29:51	4:58	73		238	11:19
Runde	2.00	10:49	5:24	67	3:28	374	4:33	8.00	40:40	5:04	73		238	15:52
Leichtathletikhalle	2.00	10:44	5:21	68	3:25	382	4:33	10.00	51:24	5:08	53	15:05	327	24:56