



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sachs, Hans-Jürgen

Club: Erfurt
Number: 1286

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M60 (60-69 Jahre)

Total time: 51:39

Speed: 11.62 km/h

Running performance: 5:10 min/km

Rank in course/Total: 375 (of 618)

Rank in course/Men: 336 (of 500)

Best time in course: 31:03

Rank in category: 10(of 20)

Best time in the category: 41:59

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	10:45	5:22	14	4:30	371	4:42	2.00	10:45	5:22	14	0:16	165	2:15
Runde	2.00	10:18	5:09	13	4:12	369	4:12	4.00	21:03	5:15	16	0:31	198	8:45
Runde	2.00	10:20	5:10	11	3:55	335	4:06	6.00	31:23	5:13	16	0:24	242	12:51
Runde	2.00	10:16	5:08	10	3:44	309	4:00	8.00	41:39	5:12	16	0:07	242	16:51
Leichtathletikhalle	2.00	10:00	5:00	8	1:37	303	3:49	10.00	51:39	5:09	10	9:40	337	25:11