



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Henkel, Uwe

Club: SV Thuringia Königsee
Number: 1079

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M60 (60-69 Jahre)

Total time: 53:22

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 425 (of 618)

Rank in course/Men: 377 (of 500)

Best time in course: 31:03

Rank in category: 14(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	9:54	4:57	10	3:39	272	3:51	2.00	9:54	4:57	13			168	1:24
Runde	2.00	10:24	5:12	14	4:18	381	4:18	4.00	20:18	5:04	15			248	8:00
Runde	2.00	10:54	5:27	15	4:29	399	4:40	6.00	31:12	5:12	15	0:13		231	12:40
Runde	2.00	11:14	5:36	15	4:42	415	4:58	8.00	42:26	5:18	15	0:54		245	17:38
Leichtathletikhalle	2.00	10:56	5:28	14	2:33	402	4:45	10.00	53:22	5:20	14	11:23		378	26:54