



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schulze, Ronald

Club: FSV 1986 Bad Langensalza e.V.

Number: 1178

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:33

Speed: 11.64 km/h

Running performance: 5:10 min/km

Rank in course/Total: 368 (of 618)

Rank in course/Men: 333 (of 500)

Best time in course: 31:03

Rank in category: 57(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	10:02	5:00	42	3:02	281	3:59	2.00	10:02	5:00	17	1:38	140	1:32
Runde	2.00	10:12	5:05	58	2:54	351	4:06	4.00	20:14	5:03	72		254	7:56
Runde	2.00	10:30	5:15	64	3:09	360	4:16	6.00	30:44	5:07	72		251	12:12
Runde	2.00	10:28	5:14	56	3:07	335	4:12	8.00	41:12	5:09	72		222	16:24
Leichtathletikhalle	2.00	10:21	5:10	57	3:02	345	4:10	10.00	51:33	5:09	57	15:14	334	25:05