



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Jesse, Mario

Club: Hobby

Number: 1145

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:57

Speed: 12.78 km/h

Running performance: 4:42 min/km

Rank in course/Total: 212 (of 618)

Rank in course/Men: 198 (of 500)

Best time in course: 31:03

Rank in category: 20(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	9:31	4:45	29	2:31	218	3:28	2.00	9:31	4:45	14	1:07	61	1:01
Runde	2.00	9:06	4:32	15	1:48	169	3:00	4.00	18:37	4:39	69		138	6:19
Runde	2.00	9:22	4:41	17	2:01	197	3:08	6.00	27:59	4:39	69		258	9:27
Runde	2.00	9:38	4:48	23	2:17	214	3:22	8.00	37:37	4:42	69		258	12:49
Leichtathletikhalle	2.00	9:20	4:40	22	2:01	211	3:09	10.00	46:57	4:41	20	10:38	199	20:29