



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kläser, Guido

Club: SV Noswendel

Number: 1461

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:05

Speed: 11.98 km/h

Running performance: 5:01 min/km

Rank in course/Total: 316 (of 618)

Rank in course/Men: 287 (of 500)

Best time in course: 31:03

Rank in category: 45(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	9:36	4:47	32	2:36	230	3:33	2.00	9:36	4:47	12	1:12	108	1:06
Runde	2.00	9:47	4:53	42	2:29	274	3:41	4.00	19:23	4:50	23		264	7:05
Runde	2.00	10:09	5:04	49	2:48	303	3:55	6.00	29:32	4:55	23		77	11:00
Runde	2.00	10:18	5:09	49	2:57	313	4:02	8.00	39:50	4:58	23		261	15:02
Leichtathletikhalle	2.00	10:15	5:07	55	2:56	334	4:04	10.00	50:05	5:00	45	13:46	288	23:37