



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

### Henning, Jürgen

Club: SPVGG Faulungen

Number: 1488

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: 213 (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 |      |        | Pos  |      | Behind |      | Total |       |        | Pos  |       | Behind |       |
|---------------------|-------|------|--------|------|------|--------|------|-------|-------|--------|------|-------|--------|-------|
|                     | km    | Time | min/km | Cat. | Cat. | Men    | Men  | km    | Time  | min/km | Cat. | Cat.  | Men    | Men   |
| Runde               | 2.00  | 9:11 | 4:35   | 23   | 2:11 | 178    | 3:08 | 2.00  | 9:11  | 4:35   | 85   | 0:47  | 479    | 0:41  |
| Runde               | 2.00  | 9:24 | 4:42   | 25   | 2:06 | 217    | 3:18 | 4.00  | 18:35 | 4:38   | 20   |       | 17     | 6:17  |
| Runde               | 2.00  | 9:23 | 4:41   | 18   | 2:02 | 198    | 3:09 | 6.00  | 27:58 | 4:39   | 20   |       | 274    | 9:26  |
| Runde               | 2.00  | 9:40 | 4:49   | 25   | 2:19 | 220    | 3:24 | 8.00  | 37:38 | 4:42   | 20   |       | 274    | 12:50 |
| Leichtathletikhalle | 2.00  | 9:19 | 4:39   | 21   | 2:00 | 209    | 3:08 | 10.00 | 46:57 | 4:41   | 20   | 10:38 | 199    | 20:29 |