



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 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	9:11	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