



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Althaus, Harald

Club: Dingelstädt

Number: 1553

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 46:33

Speed: 12.89 km/h

Running performance: 4:40 min/km

Rank in course/Total: 199 (of 618)

Rank in course/Men: 186 (of 500)

Best time in course: 31:03

Rank in category: 18(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Total	Total	Total	Pos	Behind	Total ranking		
	km	Time			min/km	Cat.						Men	Men	Pos
Runde	2.00	8:54	4:27	16	1:54	152	2:51	2.00	8:54	4:27	78	0:30	453	0:24
Runde	2.00	9:18	4:39	21	2:00	203	3:12	4.00	18:12	4:32	17		294	5:54
Runde	2.00	9:31	4:45	25	2:10	217	3:17	6.00	27:43	4:37	17		260	9:11
Runde	2.00	9:38	4:48	23	2:17	214	3:22	8.00	37:21	4:40	17		291	12:33
Leichtathletikhalle	2.00	9:12	4:35	17	1:53	195	3:01	10.00	46:33	4:39	18	10:14	187	20:05