



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Coccejus, Michael

Club: ANNA KRAM: Laufend helfen

Number: 1427

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 57:08

Speed: 10.50 km/h

Running performance: 5:43 min/km

Rank in course/Total: 519 (of 618)

Rank in course/Men: 443 (of 500)

Best time in course: 31:03

Rank in category: 85(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	11:39	5:49	81	4:39	445	5:36	2.00	11:39	5:49	4	3:15	161	3:09	
Runde	2.00	11:01	5:30	81	3:43	431	4:55	4.00	22:40	5:40	15	1:59	303	10:22	
Runde	2.00	11:12	5:35	81	3:51	430	4:58	6.00	33:52	5:38	15	2:54	300	15:20	
Runde	2.00	11:37	5:48	86	4:16	443	5:21	8.00	45:29	5:41	15	4:08	300	20:41	
Leichtathletikhalle	2.00	11:39	5:49	87	4:20	453	5:28	10.00	57:08	5:42	85	20:49	444	30:40	