



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Bock, Thomas

Club: Plaue

Number: 1559

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 59:42

Speed: 10.05 km/h

Running performance: 5:58 min/km

Rank in course/Total: 567 (of 618)

Rank in course/Men: 473 (of 500)

Best time in course: 31:03

Rank in category: 89(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	11:57	5:58	86	4:57	471	5:54	2.00	11:57	5:58	37	3:33	221	3:27
Runde	2.00	11:35	5:47	89	4:17	470	5:29	4.00	23:32	5:53	11	2:51	302	11:14
Runde	2.00	11:47	5:53	89	4:26	461	5:33	6.00	35:19	5:53	11	4:21	311	16:47
Runde	2.00	12:16	6:08	89	4:55	473	6:00	8.00	47:35	5:56	11	6:14	311	22:47
Leichtathletikhah	2.00	12:07	6:03	88	4:48	473	5:56	10.00	59:42	5:58	89	23:23	474	33:14