



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Bartholome, Frank

Club: Ilmenau

Number: 1101

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 55:39

Speed: 10.78 km/h

Running performance: 5:34 min/km

Rank in course/Total: 494 (of 618)

Rank in course/Men: 427 (of 500)

Best time in course: 31:03

Rank in category: 79(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	11:51	5:55	84	4:51	461	5:48	2.00	11:51	5:55	32	3:27	115	3:21
Runde	2.00	11:02	5:30	82	3:44	432	4:56	4.00	22:53	5:43	10	2:12	318	10:35
Runde	2.00	10:58	5:29	74	3:37	406	4:44	6.00	33:51	5:38	10	2:53	269	15:19
Runde	2.00	10:57	5:28	71	3:36	390	4:41	8.00	44:48	5:35	10	3:27	315	20:00
Leichtathletikhalle	2.00	10:51	5:25	71	3:32	397	4:40	10.00	55:39	5:33	79	19:20	428	29:11