



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Schmidt, Ingo

Club: Elgersburg

Number: 1408

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:50

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 385 (of 618)

Rank in course/Men: 345 (of 500)

Best time in course: 31:03

Rank in category: 62(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	10:41	5:20	60	3:41	360	4:38	2.00	10:41	5:20	29	2:17	157	2:11
Runde	2.00	10:07	5:03	54	2:49	334	4:01	4.00	20:48	5:12	9	0:07	244	8:30
Runde	2.00	10:17	5:08	54	2:56	328	4:03	6.00	31:05	5:10	9	0:07	322	12:33
Runde	2.00	10:29	5:14	58	3:08	338	4:13	8.00	41:34	5:11	9	0:13	322	16:46
Leichtathletikhalle	2.00	10:16	5:08	56	2:57	337	4:05	10.00	51:50	5:11	62	15:31	346	25:22