



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Allert, Joachim

Club: SWE-Laufteam

Number: 1189

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:21

Speed: 11.68 km/h

Running performance: 5:08 min/km

Rank in course/Total: 358 (of 618)

Rank in course/Men: 322 (of 500)

Best time in course: 31:03

Rank in category: 51(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	9:38	4:48	35	2:38	243	3:35	2.00	9:38	4:48	34	1:14	77	1:08
Runde	2.00	10:03	5:01	52	2:45	328	3:57	4.00	19:41	4:55	8		327	7:23
Runde	2.00	10:29	5:14	63	3:08	358	4:15	6.00	30:10	5:01	8		324	11:38
Runde	2.00	10:41	5:20	62	3:20	363	4:25	8.00	40:51	5:06	8		324	16:03
Leichtathletikhalle	2.00	10:30	5:15	62	3:11	361	4:19	10.00	51:21	5:08	51	15:02	323	24:53