



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Ertel, Frank

Club: Mühlhausen

Number: 1381

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 58:11

Speed: 10.31 km/h

Running performance: 5:49 min/km

Rank in course/Total: 541 (of 618)

Rank in course/Men: 457 (of 500)

Best time in course: 31:03

Rank in category: 87(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
Runde	2.00	11:37	5:48	80	4:37	443	5:34	2.00	11:37	5:48	31	3:13	173	3:07
Runde	2.00	11:06	5:32	85	3:48	438	5:00	4.00	22:43	5:40	5	2:02	295	10:25
Runde	2.00	11:21	5:40	85	4:00	441	5:07	6.00	34:04	5:40	5	3:06	347	15:32
Runde	2.00	11:54	5:57	87	4:33	455	5:38	8.00	45:58	5:44	5	4:37	347	21:10
Leichtathletikhalle	2.00	12:13	6:06	89	4:54	475	6:02	10.00	58:11	5:49	87	21:52	458	31:43