



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Barth, Bernd

Club: DAV Inselberg

Number: 1572

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 55:13

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 482 (of 618)

Rank in course/Men: 418 (of 500)

Best time in course: 31:03

Rank in category: 76(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	11:36	5:47	79	4:36	442	5:33	2.00	11:36	5:47	30	3:12	261	3:06
Runde	2.00	10:48	5:24	75	3:30	418	4:42	4.00	22:24	5:35	4	1:43	46	10:06
Runde	2.00	10:53	5:26	72	3:32	397	4:39	6.00	33:17	5:32	4	2:19	352	14:45
Runde	2.00	10:59	5:29	72	3:38	394	4:43	8.00	44:16	5:31	4	2:55	352	19:28
Leichtathletikhalle	2.00	10:57	5:28	75	3:38	405	4:46	10.00	55:13	5:31	76	18:54	419	28:45