



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Käppler, Gerd

Club: SV Normania Treffurt

Number: 1483

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:40

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 376 (of 618)

Rank in course/Men: 337 (of 500)

Best time in course: 31:03

Rank in category: 58(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	11:20	5:40	73	4:20	425	5:17	2.00	11:20	5:40	18	2:56	133	2:50
Runde	2.00	10:21	5:10	66	3:03	377	4:15	4.00	21:41	5:25	2	1:00	320	9:23
Runde	2.00	10:17	5:08	54	2:56	328	4:03	6.00	31:58	5:19	2	1:00	378	13:26
Runde	2.00	10:00	5:00	39	2:39	265	3:44	8.00	41:58	5:14	2	0:37	378	17:10
Leichtathletikhalle	2.00	9:42	4:50	38	2:23	262	3:31	10.00	51:40	5:09	58	15:21	338	25:12