



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Zimmermann, Lars

Club: Erfurt
Number: 1383

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 54:07

Speed: 11.09 km/h

Running performance: 5:25 min/km

Rank in course/Total: 452 (of 618)

Rank in course/Men: 397 (of 500)

Best time in course: 31:03

Rank in category: 71(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.	Pos Men	Behind Men	Total		Total		Total		Pos Cat.	Behind Cat.	Pos Men	Behind Men
								km	Time	min/km	Pos	Behind	Pos				
Runde	2.00	11:21	5:40	76	4:21	430	5:18	2.00	11:21	5:40	26	2:57	292	2:51			
Runde	2.00	10:17	5:08	61	2:59	364	4:11	4.00	21:38	5:24	7	0:57	339	9:20			
Runde	2.00	10:44	5:21	70	3:23	383	4:30	6.00	32:22	5:23	45	1:24	385	13:50			
Runde	2.00	10:53	5:26	69	3:32	382	4:37	8.00	43:15	5:24	45	1:54	366	18:27			
Leichtathletikhalle	2.00	10:52	5:26	73	3:33	400	4:41	10.00	54:07	5:24	71	17:48	398	27:39			