



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Döring, Fank

Club: SWE-Laufteam

Number: 1185

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 56:56

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 513 (of 618)

Rank in course/Men: 438 (of 500)

Best time in course: 31:03

Rank in category: 84(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 | 11:49 | 5:54 | 82 | 4:49 | 457 | 5:46 | 2.00 | 11:49 | 5:54 | 25 | 3:25 | 231 | 3:19 |
| Runde | 2.00 | 11:04 | 5:31 | 83 | 3:46 | 433 | 4:58 | 4.00 | 22:53 | 5:43 | 10 | 2:12 | 318 | 10:35 |
| Runde | 2.00 | 11:20 | 5:40 | 83 | 3:59 | 439 | 5:06 | 6.00 | 34:13 | 5:42 | 13 | 3:15 | 383 | 15:41 |
| Runde | 2.00 | 11:26 | 5:43 | 82 | 4:05 | 431 | 5:10 | 8.00 | 45:39 | 5:42 | 13 | 4:18 | 383 | 20:51 |
| Leichtathletikhalle | 2.00 | 11:17 | 5:38 | 84 | 3:58 | 428 | 5:06 | 10.00 | 56:56 | 5:41 | 84 | 20:37 | 439 | 30:28 |