



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Sprenger, Bernd

Club: LTV Erfurt

Number: 1024

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 51:41

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 377 (of 618)

Rank in course/Men: 338 (of 500)

Best time in course: 31:03

Rank in category: 59(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	10:32	5:15	54	3:32	337	4:29	2.00	10:32	5:15	23	2:08	164	2:02
Runde	2.00	10:17	5:08	61	2:59	364	4:11	4.00	20:49	5:12	42	0:08	358	8:31
Runde	2.00	10:20	5:10	57	2:59	335	4:06	6.00	31:09	5:11	42	0:11	207	12:37
Runde	2.00	10:20	5:10	51	2:59	317	4:04	8.00	41:29	5:11	42	0:08	396	16:41
Leichtathletikhalle	2.00	10:12	5:05	52	2:53	326	4:01	10.00	51:41	5:10	59	15:22	339	25:13