



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gille, Wiegbert

Club: VfL Hupstedt

Number: 1706

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:13

Speed: 12.19 km/h

Running performance: 4:55 min/km

Rank in course/Total: 284 (of 618)

Rank in course/Men: 263 (of 500)

Best time in course: 31:03

Rank in category: 40(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	9:35	4:47	31	2:35	229	3:32	2.00	9:35	4:47	10	1:11	324	1:05
Runde	2.00	9:35	4:47	32	2:17	240	3:29	4.00	19:10	4:47	36		422	6:52
Runde	2.00	9:59	4:59	43	2:38	280	3:45	6.00	29:09	4:51	27		419	10:37
Runde	2.00	10:10	5:04	45	2:49	291	3:54	8.00	39:19	4:54	36		419	14:31
Leichtathletikhalle	2.00	9:54	4:57	45	2:35	288	3:43	10.00	49:13	4:55	40	12:54	264	22:45