



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Poley, Uwe

Club: Klettbach

Number: 1236

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 49:43

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 304 (of 618)

Rank in course/Men: 275 (of 500)

Best time in course: 31:03

Rank in category: 42(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Stage score		Pos	Behind	Total		Pos	Behind	Total ranking	
	km	Time			min/km	Cat.			Men	Men			km	Time
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	10:10	5:04	57	2:52	345	4:04	4.00	21:30	5:22	34	0:49	442	9:12
Runde	2.00	9:45	4:52	33	2:24	248	3:31	6.00	31:15	5:12	34	0:17	222	12:43
Runde	2.00	9:28	4:44	19	2:07	196	3:12	8.00	40:43	5:05	34		439	15:55
Leichtathletikhalle	2.00	9:00	4:30	13	1:41	160	2:49	10.00	49:43	4:58	42	13:24	276	23:15