



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Löwe, Frank

Club: Walschleben

Number: 1306

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 48:59

Speed: 12.25 km/h

Running performance: 4:54 min/km

Rank in course/Total: 277 (of 618)

Rank in course/Men: 255 (of 500)

Best time in course: 31:03

Rank in category: 37(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	10:07	5:03	45	3:07	290	4:04	2.00	10:07	5:03	55	1:43	270	1:37
Runde	2.00	9:45	4:52	40	2:27	268	3:39	4.00	19:52	4:58	31		470	7:34
Runde	2.00	9:50	4:55	36	2:29	255	3:36	6.00	29:42	4:57	31		118	11:10
Runde	2.00	9:51	4:55	35	2:30	249	3:35	8.00	39:33	4:56	31		467	14:45
Leichtathletikhalle	2.00	9:26	4:43	29	2:07	226	3:15	10.00	48:59	4:53	37	12:40	256	22:31