



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Melchert, Volkmar

Club: Ilmenau
Number: 1102

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 50:01

Speed: 12.00 km/h

Running performance: 5:00 min/km

Rank in course/Total: 314 (of 618)

Rank in course/Men: 285 (of 500)

Best time in course: 31:03

Rank in category: 44(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	10:34	5:16	55	3:34	344	4:31	2.00	10:34	5:16	8	2:10	145	2:04
Runde	2.00	9:39	4:49	35	2:21	251	3:33	4.00	20:13	5:03	30		389	7:55
Runde	2.00	9:46	4:53	34	2:25	249	3:32	6.00	29:59	4:59	30		240	11:27
Runde	2.00	10:05	5:02	43	2:44	280	3:49	8.00	40:04	5:00	30		470	15:16
Leichtathletikhalle	2.00	9:57	4:58	46	2:38	294	3:46	10.00	50:01	5:00	44	13:42	286	23:33