



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Frießleben, Holger

Club: Rottenbach

Number: 1025

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M50 (50-59 Jahre)

Total time: 52:42

Speed: 11.39 km/h

Running performance: 5:16 min/km

Rank in course/Total: 409 (of 618)

Rank in course/Men: 363 (of 500)

Best time in course: 31:03

Rank in category: 65(of 89)

Best time in the category: 36:19

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	11:05	5:32	68	4:05	403	5:02	2.00	11:05	5:32	6	2:41	175	2:35
Runde	2.00	10:19	5:09	64	3:01	372	4:13	4.00	21:24	5:20	29	0:43	478	9:06
Runde	2.00	10:32	5:15	65	3:11	365	4:18	6.00	31:56	5:19	29	0:58	370	13:24
Runde	2.00	10:32	5:15	59	3:11	344	4:16	8.00	42:28	5:18	29	1:07	475	17:40
Leichtathletikhalle	2.00	10:14	5:06	54	2:55	331	4:03	10.00	52:42	5:16	65	16:23	364	26:14