



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Nitsche, Martin**

Club: Hardisleben

Number: 331

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitterhungen

Category:

Senioren M60 (60-69 Jahre)

Total time: 19:49

Speed: 12.11 km/h

Running performance: 4:57 min/km

Rank in course/Total: 136 (of 389)

Rank in course/Men: 108 (of 249)

Best time in course: 11:54

Rank in category: 4(of 6)

Best time in the category: 17:55

### Intermediate times

### Stage score

### Total ranking

| Control            | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|--------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                    |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde              | 2.00        | 9:51          | 4:55            | 4           | 0:59           | 100         | 3:52          | 2.00          | 9:51          | 4:55            | 5           |                | 136        | 3:51          |
| Leichtathletikhall | 2.00        | 9:58          | 4:59            | 4           | 0:55           | 114         | 4:04          | 4.00          | 19:49         | 4:57            | 4           | 1:54           | 108        | 7:55          |