



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Reider, Gerhard**

Club: LTV Erfurt

Number: 390

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M70 (70 und älter Jahre)

Total time: 24:20

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 300 (of 389)

Rank in course/Men: 222 (of 249)

Best time in course: 11:54

Rank in category: 8(of 10)

Best time in the category: 18:23

### 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	12:16	6:08	8	3:15	216	6:17	2.00	12:16	6:08	2	3:15	142	6:16
Leichtathletikhalle	2.00	12:04	6:01	8	2:42	222	6:10	4.00	24:20	6:04	8	5:57	222	12:26