



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Minzenmay, Eberhard**

Club: Erfurt  
Number: 299

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M70 (70 und älter Jahre)

Total time: 22:56

Speed: 10.47 km/h

Running performance: 5:44 min/km

Rank in course/Total: 253 (of 389)

Rank in course/Men: 196 (of 249)

Best time in course: 11:54

Rank in category: 7(of 10)

Best time in the category: 18:23

### 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        | 11:52         | 5:56            | 7           | 2:51           | 201         | 5:53          | 2.00          | 11:52         | 5:56            | 6           | 2:51           | 199        | 5:52          |
| Leichtathletikhah | 2.00        | 11:04         | 5:31            | 3           | 1:42           | 185         | 5:10          | 4.00          | 22:56         | 5:44            | 7           | 4:33           | 196        | 11:02         |