



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Pleitz, Eberhard

Club: Erfurt

Number: 153

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M70 (70 und älter Jahre)

Total time: 28:56

Speed: 8.29 km/h

Running performance: 7:14 min/km

Rank in course/Total: 376 (of 389)

Rank in course/Men: 248 (of 249)

Best time in course: 11:54

Rank in category: 10(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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	14:01	7:00	10	5:00	246	8:02	2.00	14:01	7:00	7	5:00	210	8:01
Leichtathletikhalle	2.00	14:55	7:27	10	5:33	246	9:01	4.00	28:56	7:14	10	10:33	248	17:02