



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Merten, Wolfgang

Club: Erfurt
Number: 1113

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M60 (60-69 Jahre)

Total time: 48:39

Speed: 12.33 km/h

Running performance: 4:52 min/km

Rank in course/Total: 268 (of 618)

Rank in course/Men: 248 (of 500)

Best time in course: 31:03

Rank in category: 5 (of 20)

Best time in the category: 41:59

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	9:26	4:43	6	3:11	207	3:23	2.00	9:26	4:43	16		76	0:56
Runde	2.00	9:38	4:48	5	3:32	247	3:32	4.00	19:04	4:46	19		97	6:46
Runde	2.00	10:04	5:01	9	3:39	289	3:50	6.00	29:08	4:51	19		133	10:36
Runde	2.00	9:50	4:55	6	3:18	248	3:34	8.00	38:58	4:52	19		133	14:10
Leichtathletikhalle	2.00	9:41	4:50	5	1:18	259	3:30	10.00	48:39	4:51	5	6:40	249	22:11