



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Krause, Raimund

Club: LV Einheit Greiz

Number: 1692

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M70 (70 und älter Jahre)

Total time: 46:56

Speed: 12.78 km/h

Running performance: 4:41 min/km

Rank in course/Total: 211 (of 618)

Rank in course/Men: 197 (of 500)

Best time in course: 31:03

Rank in category: 1(of 9)

Best time in the category: 46:56

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	8:53	4:26	1	-	150	2:50	2.00	8:53	4:26	9	-	451	0:23
Runde	2.00	9:17	4:38	1	-	199	3:11	4.00	18:10	4:32	2	-	148	5:52
Runde	2.00	9:25	4:42	1	-	202	3:11	6.00	27:35	4:35	1	-	145	9:03
Runde	2.00	9:39	4:49	1	-	217	3:23	8.00	37:14	4:39	1	-	145	12:26
Leichtathletikhalle	2.00	9:42	4:50	1	-	262	3:31	10.00	46:56	4:41	1	-	198	20:28