



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Nitsche, Martin

Club: Hardisleben

Number: 331

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M60 (60-69 Jahre)

Total time: 19:49

Speed: 12.11 km/h

Running performance: 4:57 min/km

Rank in course/Total: 136 (of 389)

Rank in course/Men: 108 (of 249)

Best time in course: 11:54

Rank in category: 4 (of 6)

Best time in the category: 17:55

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	9:51	4:55	4	0:59	100	3:52	2.00	9:51	4:55	5		136	3:51
Leichtathletikhäl	2.00	9:58	4:59	4	0:55	114	4:04	4.00	19:49	4:57	4	1:54	108	7:55