



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Reider, Gerhard**

Club: LTV Erfurt

Number: 390

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelhungenlocher

Category:

Senioren M70 (70 und älter Jahre)

Total time: 24:20

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 300 (of 389)

Rank in course/Men: 222 (of 249)

Best time in course: 11:54

Rank in category: 8(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       |               | Total           |             | Total          |            | 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        | 12:16         | 6:08            | 8           | 3:15           | 216         | 6:17          | 2.00        | 12:16         | 6:08            | 2           | 3:15           | 142        | 6:16          |  |
| Leichtathletikhalle | 2.00        | 12:04         | 6:01            | 8           | 2:42           | 222         | 6:10          | 4.00        | 24:20         | 6:04            | 8           | 5:57           | 222        | 12:26         |  |