



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Pidde, Waldemar

Club: Waltershausen

Number: 1

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M70 (70 und älter Jahre)

Total time: 22:28

Speed: 10.68 km/h

Running performance: 5:37 min/km

Rank in course/Total: 238 (of 389)

Rank in course/Men: 184 (of 249)

Best time in course: 11:54

Rank in category: 5(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.	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	10:50	5:25	4	1:49	156	4:51	2.00	10:50	5:25	4	1:49	117	4:50
Leichtathletikhalle	2.00	11:38	5:48	7	2:16	211	5:44	4.00	22:28	5:36	5	4:05	184	10:34