



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Minzenmay, Eberhard

Club: Erfurt
Number: 299

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M70 (70 und älter Jahre)

Total time: 22:56

Speed: 10.47 km/h

Running performance: 5:44 min/km

Rank in course/Total: 253 (of 389)

Rank in course/Men: 196 (of 249)

Best time in course: 11:54

Rank in category: 7 (of 10)

Best time in the category: 18:23

Intermediate times

Stage score

Total ranking

Control	Split	Split	Split	Pos	Behind	Pos	Behind	Total	Total	Total	Pos	Behind	Pos	Behind
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:52	5:56	7	2:51	201	5:53	2.00	11:52	5:56	6	2:51	199	5:52
Leichtathletikhalle	2.00	11:04	5:31	3	1:42	185	5:10	4.00	22:56	5:44	7	4:33	196	11:02