



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Merten, Wolfgang

Club: LTV-Erfurt

Number: 292

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfranken

Category:

Senioren M70 (70 und älter Jahre)

Total time: 21:58

Speed: 10.93 km/h

Running performance: 5:29 min/km

Rank in course/Total: 225 (of 389)

Rank in course/Men: 174 (of 249)

Best time in course: 11:54

Rank in category: 3(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 | 10:47 | 5:23 | 3 | 1:46 | 152 | 4:48 | 2.00 | 10:47 | 5:23 | 8 | 1:46 | 214 | 4:47 |
| Leichtathletikhalle | 2.00 | 11:11 | 5:35 | 5 | 1:49 | 192 | 5:17 | 4.00 | 21:58 | 5:29 | 3 | 3:35 | 174 | 10:04 |