



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 Mittelfüringen

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