



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kohl, Wigbert

Club: ASV Erfurt

Number: 60

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M70 (70 und älter Jahre)

Total time: 21:26

Speed: 11.20 km/h

Running performance: 5:22 min/km

Rank in course/Total: 202 (of 389)

Rank in course/Men: 153 (of 249)

Best time in course: 11:54

Rank in category: 2 (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.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Runde	2.00	10:29	5:14	2	1:28	137	4:30	2.00	10:29	5:14	9	1:28	224	4:29
Leichtathletikhalle	2.00	10:57	5:28	2	1:35	174	5:03	4.00	21:26	5:21	2	3:03	153	9:32