



# 39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

## Detailed evaluation

**Krause, Raimund**

Club: LV Einheit Greiz

Number: 1692

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M70 (70 und älter Jahre)

Total time: 46:56

Speed: 12.78 km/h

Running performance: 4:41 min/km

Rank in course/Total: 211 (of 618)

Rank in course/Men: 197 (of 500)

Best time in course: 31:03

Rank in category: 1(of 9)

Best time in the category: 46:56

### Intermediate times

### Stage score

### Total ranking

| Control             | Split<br>km | Split<br>Time | Split<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Stage score |               | Total ranking |               |                 |             |                |            |               |
|---------------------|-------------|---------------|-----------------|-------------|----------------|-------------|---------------|---------------|---------------|-----------------|-------------|----------------|------------|---------------|
|                     |             |               |                 |             |                | Pos<br>Men  | Behind<br>Men | Total<br>km   | Total<br>Time | Total<br>min/km | Pos<br>Cat. | Behind<br>Cat. | Pos<br>Men | Behind<br>Men |
| Runde               | 2.00        | 8:53          | 4:26            | 1           | -              | 150         | 2:50          | 2.00          | 8:53          | 4:26            | 9           | -              | 451        | 0:23          |
| Runde               | 2.00        | 9:17          | 4:38            | 1           | -              | 199         | 3:11          | 4.00          | 18:10         | 4:32            | 2           | -              | 148        | 5:52          |
| Runde               | 2.00        | 9:25          | 4:42            | 1           | -              | 202         | 3:11          | 6.00          | 27:35         | 4:35            | 1           | -              | 145        | 9:03          |
| Runde               | 2.00        | 9:39          | 4:49            | 1           | -              | 217         | 3:23          | 8.00          | 37:14         | 4:39            | 1           | -              | 145        | 12:26         |
| Leichtathletikhalle | 2.00        | 9:42          | 4:50            | 1           | -              | 262         | 3:31          | 10.00         | 46:56         | 4:41            | 1           | -              | 198        | 20:28         |