



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Köhler, Werner

Club: Büßleben

Number: 54

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mittelfüringen

Category:

Senioren M70 (70 und älter Jahre)

Total time: 18:23

Speed: 13.06 km/h

Running performance: 4:36 min/km

Rank in course/Total: 84 (of 389)

Rank in course/Men: 68 (of 249)

Best time in course: 11:54

Rank in category: 1(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	9:01	4:30	1	-	68	3:02	2.00	9:01	4:30	1	-	56	3:01
Leichtathletikhäl	2.00	9:22	4:41	1	-	76	3:28	4.00	18:23	4:35	1	-	68	6:29