



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Kolkmann, Klaus

Club: LTV Erfurt

Number: 1497

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M70 (70 und älter Jahre)

Total time: 58:15

Speed: 10.30 km/h

Running performance: 5:49 min/km

Rank in course/Total: 543 (of 618)

Rank in course/Men: 459 (of 500)

Best time in course: 31:03

Rank in category: 6(of 9)

Best time in the category: 46:56

Intermediate times

Stage score

Total ranking

Control	Split			Pos		Behind		Total			Pos		Behind	
	km	Time	min/km	Cat.	Cat.	Men	Men	km	Time	min/km	Cat.	Cat.	Men	Men
Runde	2.00	11:28	5:44	6	2:35	437	5:25	2.00	11:28	5:44	3		205	2:58
Runde	2.00	11:30	5:45	6	2:13	463	5:24	4.00	22:58	5:44	4		297	10:40
Runde	2.00	11:42	5:50	6	2:17	456	5:28	6.00	34:40	5:46	3	7:05	294	16:08
Runde	2.00	11:44	5:51	5	2:05	445	5:28	8.00	46:24	5:47	3	9:10	294	21:36
Leichtathletikhah	2.00	11:51	5:55	6	2:09	465	5:40	10.00	58:15	5:49	6	11:19	460	31:47