



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Goetz, Helmut

Club: sc -impuls

Number: 1039

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M70 (70 und älter Jahre)

Total time: 56:38

Speed: 10.59 km/h

Running performance: 5:40 min/km

Rank in course/Total: 507 (of 618)

Rank in course/Men: 435 (of 500)

Best time in course: 31:03

Rank in category: 4(of 9)

Best time in the category: 46:56

Intermediate times

Stage score

Total ranking

Control	Split		Pos	Behind	Pos		Total	Total	Total	Pos	Behind	Pos	Behind	
	km	Time			min/km	Cat.								Cat.
Runde	2.00	11:24	5:42	5	2:31	435	5:21	2.00	11:24	5:42	4		214	2:54
Runde	2.00	11:04	5:31	4	1:47	433	4:58	4.00	22:28	5:36	5		306	10:10
Runde	2.00	11:09	5:34	4	1:44	422	4:55	6.00	33:37	5:36	4	6:02	303	15:05
Runde	2.00	11:18	5:39	4	1:39	423	5:02	8.00	44:55	5:36	4	7:41	303	20:07
Leichtathletikhalle	2.00	11:43	5:51	4	2:01	455	5:32	10.00	56:38	5:39	4	9:42	436	30:10