



# 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 |