



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Goll, Bernhard

Club: SV Klettbach

Number: 1534

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M60 (60-69 Jahre)

Total time: 59:58

Speed: 10.01 km/h

Running performance: 6:00 min/km

Rank in course/Total: 571 (of 618)

Rank in course/Men: 474 (of 500)

Best time in course: 31:03

Rank in category: 17(of 20)

Best time in the category: 41:59

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	11:51	5:55	18	5:36	461	5:48	2.00	11:51	5:55	12	1:22	115	3:21
Runde	2.00	12:21	6:10	18	6:15	490	6:15	4.00	24:12	6:02	14	3:40	323	11:54
Runde	2.00	12:10	6:04	17	5:45	475	5:56	6.00	36:22	6:03	14	5:23	320	17:50
Runde	2.00	12:06	6:02	16	5:34	463	5:50	8.00	48:28	6:03	14	6:56	320	23:40
Leichtathletikhalle	2.00	11:30	5:45	16	3:07	444	5:19	10.00	59:58	5:59	17	17:59	475	33:30