



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Dehmel, Gerhard

Club: ThWV Ilmenau

Number: 1146

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M70 (70 und älter Jahre)

Total time: 50:54

Speed: 11.79 km/h

Running performance: 5:05 min/km

Rank in course/Total: 336 (of 618)

Rank in course/Men: 306 (of 500)

Best time in course: 31:03

Rank in category: 2(of 9)

Best time in the category: 46:56

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score				Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	9:30	4:45	2	0:37	215	3:27	2.00	9:30	4:45	6		75	1:00	
Runde	2.00	10:04	5:01	2	0:47	332	3:58	4.00	19:34	4:53	7		348	7:16	
Runde	2.00	10:28	5:14	2	1:03	357	4:14	6.00	30:02	5:00	6	2:27	345	11:30	
Runde	2.00	10:33	5:16	2	0:54	350	4:17	8.00	40:35	5:04	6	3:21	345	15:47	
Leichtathletikhalle	2.00	10:19	5:09	3	0:37	342	4:08	10.00	50:54	5:05	2	3:58	307	24:26	