



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Gelzinn, Hans

Club: Feuerwehr Gierstädt

Number: 1133

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M60 (60-69 Jahre)

Total time: 50:35

Speed: 11.86 km/h

Running performance: 5:04 min/km

Rank in course/Total: 328 (of 618)

Rank in course/Men: 299 (of 500)

Best time in course: 31:03

Rank in category: 8(of 20)

Best time in the category: 41:59

Intermediate times

Stage score

Total ranking

Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Stage score		Total ranking							
						Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	
Runde	2.00	10:19	5:09	11	4:04	308	4:16	2.00	10:19	5:09	7			85	1:49
Runde	2.00	10:03	5:01	11	3:57	328	3:57	4.00	20:22	5:05	7			419	8:04
Runde	2.00	9:56	4:58	8	3:31	275	3:42	6.00	30:18	5:02	7			435	11:46
Runde	2.00	10:11	5:05	9	3:39	294	3:55	8.00	40:29	5:03	7			435	15:41
Leichtathletikhalle	2.00	10:06	5:02	9	1:43	313	3:55	10.00	50:35	5:03	8	8:36		300	24:07