



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Grosser, Dietmar

Club: GMRLV

Number: 1738

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M60 (60-69 Jahre)

Total time: 51:48

Speed: 11.58 km/h

Running performance: 5:11 min/km

Rank in course/Total: 383 (of 618)

Rank in course/Men: 344 (of 500)

Best time in course: 31:03

Rank in category: 12(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	9:37	4:48	7	3:22	239	3:34	2.00	9:37	4:48	6			73	1:07
Runde	2.00	9:55	4:57	9	3:49	300	3:49	4.00	19:32	4:53	6			133	7:14
Runde	2.00	10:39	5:19	13	4:14	374	4:25	6.00	30:11	5:01	6			185	11:39
Runde	2.00	10:52	5:26	13	4:20	377	4:36	8.00	41:03	5:07	6			446	16:15
Leichtathletikhalle	2.00	10:45	5:22	13	2:22	385	4:34	10.00	51:48	5:10	12	9:49		345	25:20