



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Pohl, Günther

Club: LTV Erfurt

Number: 1431

Course: 10.00 km

Wertungslauf um den Pokal der Köstritzer Schwarzbierbrauerei

Category:

Senioren M70 (70 und älter Jahre)

Total time: 52:20

Speed: 11.46 km/h

Running performance: 5:14 min/km

Rank in course/Total: 400 (of 618)

Rank in course/Men: 357 (of 500)

Best time in course: 31:03

Rank in category: 3(of 9)

Best time in the category: 46:56

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	10:04	5:01	3	1:11	284	4:01	2.00	10:04	5:01	7			59	1:34
Runde	2.00	10:36	5:17	3	1:19	394	4:30	4.00	20:40	5:10	8			371	8:22
Runde	2.00	10:43	5:21	3	1:18	379	4:29	6.00	31:23	5:13	7	3:48		242	12:51
Runde	2.00	10:39	5:19	3	1:00	357	4:23	8.00	42:02	5:15	7	4:48		457	17:14
Leichtathletikhalle	2.00	10:18	5:09	2	0:36	341	4:07	10.00	52:20	5:14	3	5:24		358	25:52