



39. Erfurter Silvesterlauf

Erfurt / 31.12.2012

Detailed evaluation

Elster, Klaus

Club: Erfurt
Number: 241

Course: 4.00 km

Wertungslauf um den Pokal der Sparkasse Mitternellingen

Category:

Senioren M50 (50-59 Jahre)

Total time: 19:53

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 138 (of 389)

Rank in course/Men: 109 (of 249)

Best time in course: 11:54

Rank in category: 8(of 26)

Best time in the category: 14:56

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	9:57	4:58	8	2:34	110	3:58	2.00	9:57	4:58	20		93	3:57
Leichtathletikhall	2.00	9:56	4:58	8	2:23	113	4:02	4.00	19:53	4:58	8	4:57	109	7:59